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The Playground

JULY, 1925

A Congress in the "Land of the Sky"

1925 Congress at Asheville, N. C., October 5-10

Recreation Serves the Unadjusted

Recreation Hours for Paroled Inmates

The Psychotherapeutic Value of Music

Play for the Feeble-Minded

Physical Education in a Hospital for the Insane

Rehabilitation of the Disabled

The Play of the Problem Child

VOLUME XIX. NO. 4

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The Playground

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The Playground

VOL. XIX, No. 4

JULY, 1925

The World at Play

Represents P. R. A. A.—Otto T. Mallery, a Director of the Playground and Recreation Association of America, and Treasurer of the Philadelphia Playgrounds Association, has been chosen to present the leading paper on "Organized Recreation" at the International Congress on Child Welfare, to be held in Geneva, Switzerland, August 24-28, 1925. Delegates from some forty countries will be present at this conference. In writing to the Playground and Recreation Association of America, the Honorary Secretary states, "We know what splendid work the United States has done and is doing in connection with this matter and we therefore felt that it was more appropriate that your country should provide the English paper on this subject, than that ours should do so."

Play Urge in South America.—Professor and Mrs. Charles H. Farnsworth, for many years active supporters of the national leisure time movement, recently made a trip through South America.

Professor Farnsworth noted that in traveling by rail from Sao Paulo to Rio De Janeiro, some 300 miles, they found hardly a little village which did not have its football ground. In one very humble little suburb, a bunch of colored boys were trying to play in mud which was ankle deep. A Young Women's Christian Association worker from Montevideo told Professor Farnsworth that there was keen interest in Y. W. C. A. and Girl Scout organizations, and that a camping expedition was being planned for the girls for the coming season. The great popularity of the radio and of the motion picture is influencing South America, giving wide opportunity for the extension of progressive ideas.

Walking Habit on Decline.—Dr. Charles W. Eliot, President Emeritus of Harvard, speaking at a meeting of the trustees of public reservations at the Appalachian Mountain Club, declared that

the habit of walking is being largely diminished and is almost lost today.

"As a nation," he said, "we are losing our taste for outdoor enjoyments. We are providing parks and opportunities for this sort of thing in the cities, and giving ample opportunity for walks through the open spaces, but now we want to get them used. We want to get people into the habit of not only going into them, but of walking in them as well."

Dr. Eliot told of a letter which he had received from a miner in the Pacific Coast Coal Company, a cooperative establishment in which the plant is run by the workers as well as the officials. "Every one of us has an auto," the letter read, "and some are very 'classy' ones."

"In other words," said Dr. Eliot, "every man in the plant rides to his work and back from it every day, and the healthy occupation of walking is thrown into the discard. This condition is, I think, widespread, and can be found in the rural communities as well as in the cities."

Rock Island Mayor Enthusiastic for Municipal Playgrounds.—"Rock Island would vote to do away with most any other tax before it would vote to abolish the playground levy!"

That is the value of the playground and recreation measure adopted some time ago by Rock Island, according to Mayor W. A. Rosenfield.

"Rock Island voted on this tax some time ago and the tax is so low that it is a burden to no one," said Mayor Rosenfield in a recent letter. "Since we have had supervised recreation in Rock Island, the morale of the children is much higher and they are a great deal happier than formerly, when there was no supervision or systematic playground instruction."

Play—the Solution.—"The time has come when a nation will be measured not so much by its material wealth and military strength as by the mental and spiritual attitude of the people,"

said Mrs. John D. Sherman, President of the Federation of Women's Clubs, at a session of the International Council of Women at Washington on May 11th. "When the play time of children and the leisure time of the people are put to the best possible advantage, many of the problems which confront our community and national life will be solved."

Hawaiian Schools and Playgrounds Are Chief Political Educators.—In an editorial in the *Herald Tribune* on May 27, 1925, ex-Judge Sandford B. Dole, former President of the Hawaiian Republic, is quoted as saying that the schools and playgrounds of Hawaii are the real political educators. Judge Dole feels that the melting pot in Hawaii, which involves many races, including Americans, Filipinos, Japanese, Portuguese, Hawaiians, and Chinese, is really fusing these peoples.

In Political Circles.—The remarkable race of Mayor Daniels in his contest for renomination was one of the outstanding features of yesterday's primaries in Marion. Mayor Daniels waged his campaign principally on his program for enlarged parks and playgrounds.—(From *Indianapolis News*, May 6, 1925).

Winning Badges under Difficulties.—A guardian of a Camp Fire group in a Massachusetts town, who has adopted the plan of awarding the Athletic Badge Tests of the P. R. A. A. at special ceremonial meetings of her group, writes the following: "The last tests that we held this past month were conducted under difficulties. There was no basket ball set in the park, so we took a barrel stave, the required size of a basket, tied it on a large beam and held it upright the necessary distance away. We carried our beam over a mile with us to use, so you see how anxious the girls were to carry on the tests. We had a lot of fun doing them under these conditions. Camp Fire Girls always find a way out, and you see we did!"

Hoboken's Annual Outdoor Athletic Meet.—On May 30th the Department of Parks and Public Property and the Board of Commissioners of the City of Hoboken, New Jersey, held its annual Outdoor Athletic Meet. In addition to events for high school and grammar school boys and girls, there was a physical drill by Company

D, 104th Engineers, and events for Boy Scouts and Girl Scouts.

Scholarships for Safety Education.—The National Bureau of Casualty and Surety Underwriters have announced three university fellowships of \$1,000 each for the study of safety education. The subjects are: 1. *The Grading of Subject Matter for Safety Instruction in the Primary Schools*; 2. *The Preparation of a Course of Study in Safety Education for the Use of Normal Schools*, and 3. *A Study of the Relative Importance of Positive versus Negative Methods of Instruction*. These fellowships are offered in order to secure expert solutions of problems which confront the Education Section of the National Safety Council in its work. Application should be sent to Albert W. Whitney, Associate General Manager and Actuary, National Bureau of Casualty and Surety Underwriters, 120 West 42nd Street, New York.

Pasadena Reports.—In the annual report of Playground Community Service of Pasadena, California, for the past year, which tells of the physical, dramatic, musical and art activities for children and adults and of the work in Mexican centers, some interesting special activities are to be noted.

Paddle tennis has proved a very popular activity, and nineteen sets have been in use.

A semi-portable moving picture machine purchased for community purposes has been much in demand by schools and local groups of all kinds.

The program at the two Mexican social centers has included orchestra practice, cooking for the older boys, social and athletic games, moving pictures, stereopticon lectures, handwork, community singing and a library.

One of the most interesting developments of the work has been that devoted to handwork and hobbies.

Cooperation with local agencies and service to them has been one of the outstanding features of the work. Playground Community Service has responded to many calls from local organizations for assistance involving the organizing and conducting of activities at picnics and other social occasions, for helping in the building of playgrounds and the loaning of equipment.

From Swampy Land to Park.—Xenia, Ohio, Recreation Association has made its immediate



A GLIMPSE OF WESTCHESTER COUNTY'S PLAY DAY

objective the securing of fifteen acres of low, swampy ground within ten minutes' walk of the center of the city, adjoining the high school athletic park. This property one of the residents purchased as a memorial to his wife and gave to the Association. On March 19th a one-day campaign was conducted for funds for improvements to the park. Six thousand dollars was raised and a great deal has been done in improving the park, draining the swamp, digging out the lagoon, building tennis courts and a court for horseshoes and quoits. It has become very much a community affair. The county is building a bridge; the city is putting in roads and water; the Garden Club is doing a great deal of planting; the Parent-Teacher Associations will provide some playground apparatus; the Kiwanians are making inquiries as to the cost of a shelter house, and it is hoped to secure funds from former residents for a bandstand.

Each year a campaign will be put on for additional improvements.

A New Recreation Association.—There has recently been organized in Seattle, Washington, a recreation association with the following objectives: To study in advance recreation and physical education in general, particularly as applied to the problems of this city; to awaken in the public mind a wider and more intelligent interest in recreation and physical education, and to work for the improvement and extension of the recreation and physical education facilities.

Playgrounds Spread in Westchester County.—Twenty-three communities of Westchester County, New York, reports Mrs. Chester Marsh, Executive Secretary of the Westchester County Recreation Commission, will have playgrounds this summer. The latest additions to the list include Armonk, Hastings and North Pelham, where appropriations have recently been secured.

Recreation Progress in Glendale.—Glendale, California, has recently received a gift of 800

acres in the hills back of the city, to be used as a municipal park. Through the will of the late L. C. Brand, Glendale's "pioneer citizen," a magnificent house with beautiful grounds has been bequeathed the city for a community art center.

Nine thousand people attended the Easter sunrise service held under the joint auspices of Community Service and the Federation of Churches.

In Hoquiam.—One of the recent projects of Hoquiam, Washington, Community Service, which has been undertaking to meet a definite need, is the conducting of two kindergarten classes, with a large attendance. Hoquiam has never been able in the past to provide a kindergarten at low enough cost to be available for the children of the mill and forest workers. Under the present arrangement a special teacher is employed who is paid from the small charge made for enrollment. A weekly meeting of the mothers of these children is held, and as most of the children come from foreign families the kindergarten is instrumental in drawing foreign-born women into some form of community participation and is providing a valuable citizenship agency.

Other activities of the Hoquiam program include clubs of various kinds, a weekly children's hour held at the library, followed by a play hour at the community house, a weekly junior dramatic club, a play hour for girls from seven to ten years of age at the East Side Methodist Church, athletic classes and domestic science classes. An interesting project is a class in furniture making and painting for household purposes conducted by a local paint company.

Portable Showers for Columbus.—Columbus, Georgia, will use this summer five portable shower baths which will operate from the regular fire plugs. The Fire Department will take charge of them in districts where they can be placed close to a station. It is planned to use them one hour in the afternoon and one in the evening during the hot weather.

A Training Course at Woonsocket, Rhode Island.—A training course for play leaders was conducted May 18-28th under the auspices of the Park Commission of Woonsocket. Seven meetings were held, one of them taking the form of a demonstration on the High School field of the

organization of a field meet and of Athletic Badge Tests. Each lecture period was followed by a practical demonstration of games, folk dancing, or the conducting of community singing.

A Gift of a Playground.—"Through the generosity of Mr. and Mrs. S. F. Bowser their fellow residents and the children of Bowserville have been provided with a permanent park and playground," says the March issue of *The American City Magazine*. "The site which covers half of a city block was bought by Mr. and Mrs. Bowser and then given to the city of Fort Wayne, Indiana, for public recreation purposes. The playground is well equipped with swings, slides and other types of apparatus, and a splendid wading pool has been installed."

Charles Eliot Norton Chair of Poetry.—A professorship of poetry to be so named has recently been presented to Harvard University by Charles Chauncey Stillman, of New York. Mr. Stillman has requested that poetic expression in language, music, architecture and the fine arts be included, as well as verse.

A Field House for Summer and Winter.—Seattle, Washington, has a field house, under the management of the Park Board, which serves the double purpose of a bathing pavilion and shower-bathhouse in summer and a field house in winter. This is accomplished by a series of removable partitions and floors.

Minneapolis Reports on the Past Year.—The 1924 report of the Recreation Department of the Board of Park Commissioners of Minneapolis is exceedingly suggestive in showing the activities which may be incorporated in a year-round recreation system. Copies of the report may be secured from K. B. Raymond, Superintendent, Recreation Department, Board of Park Commissioners, Minneapolis.

More About Wheeling's Recreation Park.—Mention was made in the June issue of *THE PLAYGROUND* of the park of more than one hundred acres presented on Christmas Day to the City of Wheeling, West Virginia, by a group of public-spirited citizens.

The first work undertaken is the construction of a golf course which will occupy approximately fifty acres and will be ready for use, it is hoped,

before the close of the summer. The remainder of the space will be devoted to playgrounds and recreation facilities for children, tennis courts, volley ball courts, horseshoe courts and similar facilities.

A Community House for Negroes.—The Colored Community Association of Middletown, Ohio, devoted the week of May 3rd to 10th to services appropriate to the opening of their community building erected to house the recreation activities of the community's 3,000 colored citizens. Musical selections and addresses made up the programs. On Sunday, May 3rd, came the dedication services. Monday was Boy Scouts' Night; Tuesday, Club Night; Wednesday, Quartette Night; Thursday, Choir Night; Friday, School Night; and Saturday, Fraternal Night. On Sunday a community musicale was held.

Does Golf Do More Harm than Good?—Debating this weighty question for the benefit of London public hospitals, with Leo Maxse, editor of the *National Review*, Lord Balfour declared:

"Superiority in games is really not inherent in the British race. We are not fitted by nature for sport more than our neighbors. Our supremacy has been due to the fact that we invented all the great games except, perhaps baseball. Court tennis we took from France and developed into lawn tennis, but football, cricket, golf, all came from this island, and the fact that we are imitated by other races to the remote parts of the world must interfere with our success. We have conferred benefits on the world by our games.

"I do think," he said, "the schools should encourage lawn tennis more than they do. It is more international than golf, increasingly international. In America, which has produced the greatest lawn tennis players, it is played in the schools. Here it is discouraged. The result is inevitable. Tennis, like golf, will only be played successfully by those who begin to play it when young. * * *

"But another object, quite as important, is, How can we employ our leisure time. Middle age had no special occupation, no means of filling the weary hours of leisure, until it got golf to give it the opportunity for exercise in the open air amid beautiful scenery. We must admit that for the middle-aged the blessing of golf is immense."

A New Municipal Golf Course.—Eight miles from the center of the City of East Orange, New Jersey, beautifully located in the hills on the property used as a water reserve for the city, will soon be constructed an eighteen-hole golf course.

The project is due to the energy of Mayor Charles H. Martens who, discovering that last year over five hundred citizens of East Orange went to the Weequahic golf course in Newark to play, conceived the idea of making use of the property already owned by the city so that East Orange might have its own course. An organization known as the East Orange Golf Association was formed, officers and trustees duly elected, funds raised for floating a bond issue and a bond sale committee formed. The Association leased the land from the city at \$1 a year for a period of ten years; \$100,000 was the amount determined upon as necessary for the construction of the course. At the end of the first month \$40,000 worth of bonds had been sold.

Bonds will be numbered serially and will be redeemed as speedily as possible from the income of the course, those to be retired to be selected by lot. Provision will be made in case of necessity to retire bonds out of the regular order upon application to the trustees. Under the terms of the lease the East Orange Golf Association guarantees that immediately upon the retirement of these bonds the golf course or courses, buildings and all other improvements will be made an outright gift to the City of East Orange.

Funds for the retirement of the bonds and the accrued interest will be created from the following estimated yearly receipts:

Resources

Green fees and privileges—

Total resources\$32,000.00

Liabilities

Interest, first year..... \$6,000.00

Upkeep of course (yearly) .. 14,000.00

Sinking Fund (yearly).... 10,000.00

Reserve for Improvements

and Taxes 2,000.00

Total liabilities\$32,000.00

The fee for joining the Association will be very small, merely covering registration, and it is planned to charge on the "pay-as-you-play" plan.

An Overnight Camp for Boys and Girls.—The Seattle Park Department has opened at Carkeek Park—a three-mile hike from one of

the trolley lines—an overnight camp for the boys and girls of the Seattle playgrounds who cannot afford more expensive outings. The fee for the camp trip, which includes an afternoon and a night at camp, the children leaving the following noon, is fifty cents. Three meals are provided. About thirty children can be cared for at one time. Last summer over 1200 boys and girls attended the camp, and during the winter many groups used it for week-end trips.

A commodious new building has been erected for sleeping quarters. Other equipment includes the cook house and an open air dining room with a canvas top. An indoor baseball field, a volleyball court, a swimming beach, playground apparatus, equipment for horseshoe pitching and other games, provide plenty of recreational opportunities.

The staff at the camp consists of the instructor from the playground, a man in charge at night, a cook and a life-guard.

Each child is asked to bring at least two pairs of blankets, a bathing suit, towel, toothbrush and a sweater.

Exclusive of the cost of the shelter, which was constructed by the Optimist Club of Seattle and donated to the Department, the estimated cost of maintenance during the summer was about \$1,100.

A Notable Exhibit.—The Boston Social Union, the city-wide federation of settlements of Boston, recently held an exhibit of the many different forms of handwork produced in the settlements of the city. There were examples of drawing, modelling and designing, sewing, needlework, cross-stitch, pottery, wood carving, cabinet making, boat models, and exhibits containing a good many objects that were fine in design and exceptional in execution, and a large number which showed promise. The exhibit attracted a good deal of attention and was widely attended not only by board members and people from the settlement neighborhoods but by craftsmen and others interested in handwork. There must have been over five thousand people in all.

"The exhibit," writes Albert J. Kennedy, Secretary of the Federation, "really represents the development of the last ten years and the quality of work promises finely for the future."

A Pageant of the Nations.—Under the direction of the Department of Music and Physical

Education of the Burlington, North Carolina, Public Schools, *A Pageant of the Nations* was presented by the city schools of Burlington at the Broad Street Playground. The program was made up of folk songs and dances of eight different nations. The theme running through the pageant showed how each of the nations comes to the United States and finally how Uncle Sam makes them his own.

Rosaria.—The Rose Festival Association, Inc., of Portland, Oregon, will present June 15-20 *Rosaria*, a magnificent pageant of the rose, written by Doris Smith of Portland. The music for the pageant has been written by Charles Wakefield Cadman. Montgomery Lynch, the producer of the *Wayfarer*, will direct the pageant. Choral music by 2,000 trained voices, accompanied by a huge orchestral band, will supply the musical interpretation of the various episodes. It is expected that 10,000 people will participate in the ceremony.

May Festival Week at Pittsburgh.—The Irene Kaufmann Settlement celebrated May Festival Week, May 20th to June 3rd, with a series of events lasting the entire week. Among the most popular of the festivities were the Intermediate May party, the Senior May party, the neighborhood arts and crafts exhibit, a cantata, *Welcome Spring*, given by the Girls' Department, the annual Better Baby contest and an evening of games and entertainments by the playroom children.

Omaha's May Day Festival.—Almost 6,000 girls took part in the May Day folk dancing which was conducted in six different parks of Omaha under the leadership of Ira A. Jones, Recreation Director of the Public Schools.

A novel feature of the festival was the supplying of music for the dances by radio. Each set was equipped with eight radio sets which caught up the music broadcast for the occasion through W.O.A.W. by the Technical High School band. Large amplifiers connected with the sets flooded the parks with music.

Promptly at eight o'clock Miss Belle Ryan, Assistant Superintendent of Schools, sent out a May Day greeting. She was followed by Mayor Dahlmann. Ira Jones then took the microphone and directed the dances. At the end of the folk dancing came the finale—the Maypole dance.

And when the dancing was over, the Boys' Drum Corps in their brightly colored uniforms led the children back to school.

A Demonstration in Boston.—On April 15th the Park Department of Boston held at the Arena a demonstration of gymnastic exercises in which massed classes from the municipal gymnasiums participated. Over 2300 individuals took part, while 4,000 friends watched the program of gymnastic exercises, drills and dances.

County Play Days in Baltimore.—The Playground Athletic League of Baltimore reports a great increase in the number of county field days which are being held under the auspices of the League. From April 14th to June 13th more than fifty of these unique meets have been scheduled for colored and white children.

A Notable Independence Day Celebration.—Those planning their 1925 Fourth of July celebrations may like to recall Boston's 1924 observance.

The City of Boston has an organized municipal system for planning and conducting the celebration of public holidays throughout the year. This is done with the constant help of a citizens' organization known as the Citizens' Public Celebration Association of Boston of which E. B. Mero is Secretary. The Association has cooperated continuously with the city administration from 1912 to the present time.

The program of the Independence Day celebration for 1924 was as follows:

Flag Raising and Patriotic Exercises, at Boston Common, 9:30 A. M.

Reading of Declaration of Independence.

Oration Exercises, Old State Meeting House, 10:00 A. M.

Children's Pageant, *The Pied Piper*, Boston Common, 3:45 to 5:15 P. M.

(Children from ten settlement houses participated in the pageant, the third annual event of this character.)

Flag Ceremony, Boston Common, 5:30 P. M.

(Living flag of 700 children from Mission Church School and evening military parade with ceremony of colors and lowering of flag, by a battalion and band of the United States Army.)

Community Demonstration, Boston Common, 8 to 10:00 P. M.

(The program for this demonstration, which has become a very popular feature of the

Independence Day celebration, consisted of music by band, singing by the audience and by glee clubs and choruses, and the dances of many nations. The audiences at these annual demonstrations have numbered 75,000 or more people.)

Display of Fireworks, Boston Common, 10:00 P. M.

Athletic Carnival, Boston Common, 10:00 A. M.

Rowing Regatta, Charles River Basin, 9:00 A. M.

Yacht Races, Off City Point, 11:00 A. M.

Swimming Races, Charles River Basin, 2:30 P. M.

District celebrations were held in fifteen sections of the city under the direction of local committees appointed by the Mayor.

Civic Grand Opera.—An interesting development of the recreation program of Winston-Salem, North Carolina, is a civic grand opera. During last summer the music faculty at the summer school provided seven nights of grand opera, with home talent in all the roles except three which were taken by visiting instructors. The patronage by the public was sufficient to justify carrying on the experiment.

University and Recreation Department Work Together.—An interesting piece of cooperation between a university and local recreation department was worked out by Osbourne McConathy of the Department of Public School and Community Music of Northwestern University and W. C. Bechtold, Superintendent of Public Recreation, Evanston, Illinois. Arrangements were made for a series of concerts to be given by students of the Music Department in connection with the evening community center program conducted in the public school buildings. Four such concerts were given by the students, each of them in charge of a committee, responsible both for the planning and production of the program. Credit toward graduation was allowed by the University to those students taking part in the community program.

This cooperative arrangement brought about two excellent results. The students obtained valuable experience in their chosen field, while the audiences enjoyed musical treats of real merit. Such numbers as quartettes, duets, vocal and violin solos, reading and community singing made up the program.

North Carolina Community Music Festival.—On May 7th and 8th a state-wide music festival

was held at Raleigh, North Carolina; in it a notable success was achieved. On May 7th the Raleigh Symphony Orchestra gave a concert. On the afternoon of the 8th came the contest of women's and of men's choruses. The evening was devoted to mixed chorus work. Community singing was a feature of the program. Dr. W. C. Horton of Raleigh, who has long been interested in promoting community music, is President of the Festival Association. The committees on selection of music and on promotion were made up of individuals representing various parts of the State.

Glendale's Eisteddfod.—From April 27 to May 4th Glendale, California, held its first Eisteddfod under the auspices of Glendale Community Service. More than 1,500 people took part in the musical, dramatic and art contests, and very successful results were secured. One of the interesting features of the Eisteddfod was the fact that no cash prizes were given. "The results," writes Mr. R. Ernest Tucker, Superintendent of Recreation, Glendale Community Service, "bore out our belief that the competition is just as keen with medals and banners as awards."

A Much-Travelled Harmonica Band.—The Salisbury, North Carolina, harmonica orchestra of 100 travelled 110 miles in busses to take part in the State Music Festival at Raleigh early in May. A cup was awarded the orchestra.

Until Next Year.—Many banquets, dances and musical programs marked the closing of the Milwaukee social centers, each of which had its own special entertainment. Exhibits of articles made in the industrial classes were features of the program. A listing of the articles made by the various centers with their commercial values shows something of the purely economic value of the work done. The Fifth Street School social center, for example, makes the following report:

Sewing—55 members—682 articles—value	\$2,046
Sewing—53 members—424 articles—value	1,684
Millinery—42 members—252 articles—value	1,872
Needle Work—24 members—237 articles—value	1,202
China Painting—47 members—840 articles—value	2,036
Reed—42 members—86 articles—value..	1,150
Total value	\$9,990

Interschool Athletics Stimulate Academic Study.—In order to be eligible for participation in New York interscholastic activities, a candidate must have passed at least nine school credit hours in the preceding semester, according to a new ruling of the State Public High School Athletic Association; and in order to represent a school a passing grade must be maintained in at least fourteen hours of work.

(From May, 1925, Clip Sheet, Bureau of Education.)

Relative Values of Physical Activities.—Sports which seem to have the greatest value in a high school are walking, volley ball, playground baseball, tennis, swimming, dancing, soccer, jumping, basket ball and the short races. These are also much the cheapest to provide and they require the least space. They should be furnished in all school systems. This statement is made by Dr. Henry S. Curtis, State Director of Hygiene and Physical Education for Missouri, in a study of the relative value of physical activities in high schools in *School Life*, a publication of the Interior Department, Bureau of Education. Dr. Curtis's conclusion is that walking represents probably nine-tenths of all the physical energy most of us develop, outside of the vital processes themselves. It is the only activity that most of us continue in after life. Every high school should have a walker's guide and develop a series of twenty to thirty walks of from five to twenty miles each.

(From May, 1925, Clip Sheet, Bureau of Education.)

Adult Education.—*Adult Education and the Library* is the title of the fourth of the series on adult education issued by the American Library Association. This booklet, after defining reading courses and suggesting their value and use, tells of courses available through alumni associations of colleges, through periodicals, radio lectures, guides to reading and study prepared by national organizations and through other sources.

These bulletins, of which seven are issued each year, are mailed free to all members of the American Library Association. Others interested may secure them at \$.25 each.

Rural Drama Contest.—The New York State College of Agriculture announces four prizes of \$100, \$50, \$30, and \$20, for plays dealing sympathetically with some phase of country life.

The plays are to be judged by Professor A. M. Drummond of Cornell University. Further rules regarding the contest may be obtained from the Department of Rural Social Organization, State College of Agriculture, Ithaca, New York.

On the Drama.—*Theatre Arts*, a monthly magazine on the drama, has arranged a stage design exhibition, a collection of fifty photographs and several originals showing the progress in stagecraft in this country and abroad during the last twenty years, which may be secured by schools and libraries. For those who are able to pay lecture fees, lantern slide lectures by Kenneth McGowan and John Mason Brown may be added to the exhibition. *Theatre Arts* has also arranged a series of lectures to be given next year by Windsor P. Daggett; the subject of the lectures will be *Our American Voice and Speech*.

Further information may be secured from B. B. Knudsen, Executive Secretary, *Theatre Arts*, 7 East 42nd Street, New York City.

A Boys' Book List and a Girls' Book List.

—Two excellent new reading lists, one for boys and one for girls of ten to fifteen years, have just been issued by the American Library Association, 86 East Randolph Street, Chicago. Each one describes about thirty books. The inclusion of some old familiar titles serves to quicken the interest and confidence of the boy and girl reader in the newer books by their association with the old. Each book is described with a brief note indicating its principal theme. The titles included were chosen for their genuine interest, as well as for literary merit. They include Fiction, Adventure, Travel and Biography. The lists are sold at nominal prices for general distribution by librarians, teachers and others, to boys and girls and to those interested in children's reading.

Youthful Editors.—During Boys' Week in Elmira, New York, the boys edited the *Son-Father* page of the May 2nd issue of *The Star Gazette*. There were articles on athletics, social events and art exhibits. In an editorial attention was called to the fact that Boys' Week should not be limited to boys alone but should include girls in the program.

Leaders in the Recreation Movement



FRANK S. MARSH

On April sixth the Board of Supervisors of Westchester County, New York, passed a bill appropriating \$10,411,000 for the construction of a system of parkways, public golf courses, bathing beaches and similar facilities. These facilities, added to the existing resources of the Westchester County Park Commission, will result in a remarkable development. Frank S. Marsh, who has been associated with the Westchester County Park Commission since October, 1923, has been made supervisor of activities for the department and will be in charge of all the recreation activities carried on. Few workers in the recreation field have had more intensive experience than Mr. Marsh, who served for a number of years as Superintendent of Recreation in San Diego, California, had a share in War Camp Community Service activities, and before going to Westchester County was Superintendent of Recreation in Middletown, Ohio.

"The world's next prophet will be a dramatist."—DEAN INGE.



OVER RUGGED LEDGES SLIPS THE SILVER CASCADE OF LINVILLE FALLS
Don't Miss This When You Come to the Congress at Asheville, N. C.

A Congress in the "Land of the Sky"

The Twelfth Recreation Congress is going to be "different." For one thing, it is to be held in the South, for the first time since the Richmond meeting in 1913. The mere announcement of the selection of Asheville, North Carolina, has stimulated the recreation movement south of the Mason and Dixon line.

Then, too, Asheville offers excellent opportunities for that relaxation and recreation which all covet in attending the Recreation Congress. While Atlantic City offers the convention-goer sea breezes and boardwalk pleasures, Asheville is distinguished for an environment of mountain scenery which many declare is unsurpassed in America. From the windows of the Battery Park Hotel, where the convention will meet, Mount Pisgah may be seen. Pisgah National Forest and Game Reserve are but twenty-six miles distant from Asheville. Chimney Rock, a great monolith towering amid precipices and mountain peaks, is but twenty-five miles away—a mecca for thousands of motorists every year. Mount Mitchell, "the top of Eastern America," 6,711 feet in altitude, and Devil's Head are other attractions near the convention city.

Throughout all this country are splendid motor roads, offering views of the most gorgeous character.

There will be ample opportunity for golfers, tennis enthusiasts, hikers and all other sport lovers. The first night's frolics will be held outdoors on the beautiful plaza near the hotel, and this in itself will be an innovation in Recreation Congress traditions.

The municipal auditorium, where most of the general sessions will be held, is next door to one hotel and but a few hundred feet from the other. The rooms for section meetings are designed for the comfortable seating of 100-150 persons.

Asheville has the open heart of cordiality and hospitality of the South, combined with the enterprise of the North and West. Where twenty years ago the farmers and their wives used to come barefoot to market, trudging behind their ox carts, has developed today a progressive modern community seeking the best in contemporary social and commercial life.

Put October 5-10 on your calendar today and plan to attend the Congress "in the land of the sky." For particulars write to Thomas E. Rivers,

secretary of the Congress Committee, 315 Fourth Avenue, New York City.

Nineteenth Annual Meeting of the Playground and Recreation Association of America

The reports of the work of the Playground and Recreation Association of America, presented at the annual meeting of the Association, held on May 21st at the Town Hall Club, New York City, were vitalized by the testimony offered by a number of local recreation officials, who told of the progress of the work in their communities and of the help which the national organization had been to them in the organization of their work or in the strengthening and broadening of the program.

Mrs. Harry Wilcox, vice-chairman of the newly appointed Recreation Commission of Mount Vernon, New York, and a member of the old Playground Commission since 1909, told how the work started in her community with a few playgrounds under the auspices of a commission of twelve, which later was enlarged to fifty by a new administration who evidently believed that "if a commission of twelve was good one of fifty would be infinitely better." The program in Mount Vernon was limited largely to a few playgrounds until last year it was decided, with the help of the P. R. A. A., to conduct a referendum campaign under the State Recreation Law. \$20,000 was the budget determined upon—an amount which to many seemed appalling and out of all proportion. The Taxpayers Association united against it; the local press opposed it, but the League of Women Voters, the Lions Club and many other groups got behind it. An educational campaign was carried on, with the result that the citizens cast a vote of six to one in favor of the project. A Superintendent of Recreation has been employed, and with the \$20,000 secured a program of twelve playgrounds, eight recreation centers and of community-wide activities such as music and dramatics will be carried on.

"One-two-three-out!" was not the experience in Yonkers, according to John Cullen, Superintendent of Parks, who proved with the facts he gave about the work in Yonkers that the third

attempt to start a year-round recreation system was attended with success.

In 1923, after a period when recreation had failed to appear in the city budget for a number of years, the movement was revived and \$6,000 appropriated for the work. Mr. Cullen, who had recently been made Superintendent of Parks, was asked to take charge of the recreation as well. Unwillingly he undertook the work which has since become his chief interest. The appropriation has been greatly increased. With the help of the field service of the P. R. A. A. and of its bulletins and other literature, the program is gradually broadening from an almost purely athletic program to include many other phases of community recreation.

It was the work of the Community Service organization in Barre, Vermont, said Hollis Jackson, which swung the pendulum in favor of the recreation bill when the Legislature in its last session voted on the referendum feature. When the members of the Legislature came to realize what the recreation program meant in that city of many nationalities with its dearth of recreation facilities, and what it could mean to every community in Vermont were provisions made whereby the municipality might institute year-round systems, a unanimous vote was cast in favor of the bill.

Mr. Jackson urged that the Association continue in all parts of the country its work of helping communities to establish year-round recreation systems. He spoke also of the lack of adequate physical education programs in the Vermont schools and asked that the Association help make the program more fully meet the needs of the children.

Hugh McK. Landon, a director of the P. R. A. A., who has long been associated with the recreation movement in Indianapolis, where about \$90,000 was spent for recreation last year, told how the developments have been based on the study and recommendations made in 1914 by Francis R. North, Field Secretary of the P. R. A. A. He spoke particularly of the provision which was being made for the colored children and adults of the city through swimming pools and playgrounds.

It was suggested that the method found most successful in the administration of work of the colored citizens was to have a group of colored citizens actively engaged in furthering the work. That community is wise which places adequate facilities at the disposal of its colored people.

The Recreation Hours of Paroled Inmates

"One who has not come into intimate association with the habitual offenders can have no conception of how few real interests they have, and, in many cases how unworthy are these interests. They lack individuality of thought and resourcefulness in action. This poverty of thought, with the inability to express themselves in wholesome activities may have been a contributing factor toward their delinquency."

The recreation hours of paroled inmates of correctional institutions is a subject most interestingly discussed by Miss May Therry Christian in a paper read at the National Conference on the Education of Truant, Backward, Dependent and Delinquent Children in Jacksonville, Fla.

She speaks of the present trend of social thought toward the broadening of community interests and activities and of the encouraging and fostering of the play spirit in the present realization that the play time of youth is the period when character formation takes place.

"When the girls come to our correctional institutions," she says, "we find that the only group spirit understood by them is an anti-social one. Through recreational games we can build up the true group spirit. The girls can be taught to play fair and to be good losers—to have opponents and still be friendly with them. The value of this has already been demonstrated in many of our reformatories. The industrial work in an institution is quite essential, but we know that all the inmates do not derive the same benefit from the work; some few like to work, but most of them do it because they are obliged to do it. When recreation time arrives, however, the majority of the girls play with a zeal that shows their hearts are in what they are doing. This is the time for real constructive work, giving them a training in the simple social laws—something that was denied them in their childhood. . . .

"One who has not come into intimate association with the habitual offenders can have no conception of how few real interests they have, and, in many cases how unworthy are these interests. They lack individuality of thought and resourcefulness in action. This poverty of thought, with the inability to express themselves in wholesome

activities may have been a contributing factor toward their delinquency."

Because of this, Miss Christian asks whether our duty does not lie in awakening larger and more varied interests for the inmates of correctional institutions so that when they again enter community life they will be able to adjust themselves, seeking pleasures which were not their natural bent before commitment.

Miss Christian speaks of the obligation of existing local organizations toward these paroled inmates, as the churches, Big Sister organizations, and other social agencies. She feels that much individual work is necessary. "The paroled inmate," she says, "needs someone to help her find wholesome recreational outlets, sociability expression and in some instances intellectual and emotional stimulation. The aim should be to awaken interests that will absorb her leisure, create higher ideals, and counteract the unwholesome influences of her old environment. The worker must be very careful of her attitude towards the girl, for she resents being patronized." . . . "An endeavor should be made to find suitable companions for the girl. This may be done by helping her join the right kind of club. Some of the girls feel that people wish to shun them because they have been in an institution and they are rather sensitive about seeking new companions."

The person in charge of the after-care of the inmate, Miss Christian feels, may easily be the greatest force for good that has come into his or her life. "Now," she says, "more than ever before, a helping hand is needed to guide the girl or boy in the straight and narrow path which leads to an upright career and good citizenship. . . ." "The girls and boys need to be taught constancy, steadfastness, perseverance, economy and the simple virtues. Some might be encouraged to attend evening school, especially the vocational schools, but they all must learn to take a reasonable amount of recreation and be guided away from undesirable places of amusement. Healthful recreation and pleasure are as necessary for the development of the mind as of the body."

Miss Christian cites an instance of a bright, vivacious girl who was paroled in a small town. Diversions and recreation were very scarce and although the girl had the will to do right, she became tired of simply "spending the evening" (as she expressed it). She craved something more exciting and eventually broke her parole.

"Daily lectures," says Miss Christian, "will not eradicate vicious propensities. To be kept from evil is negative influence, there can be no permanent cure without positive moral influences. The girl needs someone to advise her and show her how to get healthful recreation and pleasure. . . ." "The correction of the girl or boy is not sufficient to prevent relapse unless, to the best of our ability, we also change the environment."

Miss Christian puts forth an argument for suitable home recreation in her description of a mother who came to the Elmira Reformatory asking that her boy be sent home because he helped support the family when he was there. She had no idea where or how he got the money but stated, "I have eleven other children and I have left them on the streets to come up here (275 miles) for we need the money my boy gives us when home." Miss Christian adds, "It is not unusual for a mother to leave her children in the streets, for that is the playground for city children. They spend very little time in their homes beyond what is required for sleeping and eating. Many parents are ignorant of where their daughters are, what they are doing, what habits they are forming, or with whom they associate. A lack of proper home interests when the day's task is done is a source of evil not properly understood or appreciated. Recreation, children will have in some way or another. If the parents do not absorb and interest the girl at home, she will, of course, go elsewhere." And later, "The social worker should understand the correlation of nature and nurture for we know that what a person becomes by training depends upon what he is by nature. My optimism leads me to believe, however, that despite heredity, humanity is naturally good if surrounded with good environments and sufficient opportunity for healthful developments."

In closing Miss Christian makes an added plea for the active and whole-hearted cooperation of all the constructive forces of the community in this problem of helping the paroled inmates—especially during their hours free from work, and says, "It is true this world holds a myriad of tasks for each of us and it takes courage to bear one's own trials and disappointments, but considering the fact that God has endowed us with a spirit that has resiliency—a spirit that cannot be crushed to extinction, should we not make an effort to be of service to those who are less fortunate?"

The Psychotherapeutic Value of Music *

By

WILLIAM VAN DE WALL

Field Representative, Bureau of Mental Health, Department of Welfare, Pennsylvania

Not defending amateurism from a musical professional point of view, I defend it from a mental hygienic point of view. It helps many a forlorn and oppressed soul to reach some substitute happiness and satisfaction, which otherwise could not be obtained. Speaking for the emotions, it colors their lives and brings in elements of love, which everybody needs. It is up to the professional musicians, to seek out the talented amateurs and perfect them in a technical sense. But let the professionals not quench the spirit of a dabbling amateur. In their zealous aesthetic professionalism they may bring grief and shame and a void and a weakening misery in the lives of those who just need that little romanticism of singing or playing badly a good or bad tune to keep up courage and be of more service to their environment, which is to millions of these unenlightened souls nothing more than a drab drudgery. Music fulfils to them the same mission as it does to the hyper-developed art-for-art musician. It balances the personality.

Humanity is staggering under such an increasing load of woe that those whose mission it is to alleviate some of the suffering by prevention and treatment are sometimes tempted to throw up their hands in despair and sigh, "How much longer can this be carried on?"

Dr. Frankwood E. Williams, of the National Committee of Mental Hygiene, has pointed out that from every 7,000 children born in the United States each year, 269 will become definitely diseased in the course of their lives. Looking backward, he says, "50,000 Americans were admitted last year (1923) as new patients in the mental hospitals of the United States, and this does not include the readmissions."

Looking forward, this means that 250,000 people carrying the burdens of life today will break down mentally under the load within five years and that half a million men and women will be registered in the mental hospitals as new patients within ten years at an increasing rate of admission each year. Who among our acquaintances will be among them?

Although mankind is not totally responsible for this and other types of suffering, he certainly contributes to his own misery to a degrading extent. There is no measure to gauge the human sorrow which is caused by this lamentable state of affairs. There is, however, a measure for the material losses which man inflicts upon himself by various

types of misbehavior, internationally, socially and privately.

Edward H. Smith tells us in *Business* that crime costs the United States at least ten billion dollars a year. "This is a sixth or a seventh of our earnings, three times the amount of the budget for 1923, two and a half times the total of the ordinary receipts of the nation for the same period, more than three times the customs and internal revenue receipts and at least twelve times the annual costs of the army and navy."

The pain and endless misery caused by all this is immeasurable. The overfilled prisons and hospitals of all kinds represent only some of the symptoms.

Of all the factors which may be enumerated as contributing to this flood of human woe, one stands out clearly. That is the emotional immaturity and insufficiency of mankind. Emotional and intellectual life represent two sides of our mentality so closely interwoven as to be hardly separable in a practical sense. It seems, however, that civilization so far has educated us to a better control and use of our intellectual powers than of our emotional faculties; that our intellectual life has progressed at a more rapid pace than our emotional development. It often seems as if within the same individual a twentieth century intellect is serving the imperious decrees of a prehistoric emotional brute, who only knows and loves himself and to whom everybody else is either a useful tool or a deadly enemy.

*Address given at Recreation Congress, Atlantic City, October 19, 1924.

To Save From the Human Scrap Heap

As I have quoted before, a mentally healthy person is one whose power of resistance is at least in equilibrium with the internally and externally destructive forces preying upon his well-being. A mentally diseased person, then, is somebody whose mental powers do not harmoniously integrate but interfere with each other's normal function. Such an inwardly torn personality comes in conflict with society because society is an organization of human beings, which depends upon normal mental action and interaction of its constituent members and stagnates as soon as that is blocked.

The struggle between very primitive fundamental instincts, revealing themselves through imperious emotional demands and present day conditions and social necessities, is claimed by many scientists to be at the bottom of many of the mental disturbances. "I want now! My will be done!"

Psychotherapy is a collective term for the various methods which aim to restore the balance and proper functioning of the various mental powers of the human being and, by so doing, to overcome and prevent some of the evils which continuously menace mankind. A Herculean task is laid upon those who devote their lives and rack their brains to the task of saving some of the unfortunates who are cast out by a ruthless society to fall upon the human scrap heap. I am speaking now about the authorities and workers in institutions, state and private, who make it their mission to transform those former dungeons of humanity, asylums and stockades as they were called, into medical hospitals for physical, mental and moral treatment.

A new practical knowledge of life and living is there being extracted from misery. An answer is being worked out to the problem of how to balance physical, mental and moral life; how to harmonize and elevate the self and eliminate some of the worst conflicts which now tear at the breasts of men.

And this new light is penetrating also the walls of prisons, where the bad men who were caught are expiating their own and society's crimes.

I did not see a line in any paper lately about the fact that the advent of a psychiatrist in one of our biggest penitentiaries had reduced the number of recalcitrants punished with solitary confinement from sixty to six in a few months. Who will still claim that misconduct has nothing to do with

unfavorable mental conditions which cannot be improved upon by medical treatment?

You will perhaps say, "What has this all to do with music?" But we are still facing some of the negative issues of life.

The modern mental hospital treatment is conducted on an individual basis. It includes physical, neurological and mental examinations besides social investigations and besides medical assistance comprising x-ray, electro-therapy and pathological laboratory service. It furthermore includes hydro-physic therapy, rest, food, fresh air, exercise, internal medical care, surgery and a system of occupying the patients with manual tasks and teaching them in this way, to a certain extent, control of the mind over the manipulation of matter.

Psychotherapy is an art which aims to organize that will and direct it towards positive goals and away from "vice, disease, weakness and deformity of the soul, towards health and beauty and well-being of the soul"—as Plato calls virtue. Modern mental treatment includes also the study and care of the emotional man and the subjugation of that primary source of energy to reason and justice. In short, it comprehends the education of the emotions in harmony with the education of the intellect and the will.

It is here that we make the connection between psychotherapy and the fine arts which supply the highest technic for harnessing the emotional energies for idealistic, intellectual purposes—a product of art being the fulfilled will to achieve the beautiful. And, above all, music is called upon to come to the support of moral treatment and the emotional education of the will.

You may be pleased to hear that, commencing three years ago in the Central Islip State Hospital in New York with a couple of patients once a week, today 1772 patients take part each week in a seven-days-a-week rotating program of activities, directly and indirectly utilizing music. Furthermore, that in the State Hospital at Allentown, Pa., in less than two years the identical activities increased from 1 to 5 to 17 to 72 weekly hours, not including special events, such as the preparation for concerts, and similar activities. These facts tell the tale.

A Challenge to Musicians

The aim of this address is a practical one. Its purpose is to prove and urge the necessity of giving service as musicians to a goal quite as great

as giving relief and inspiration to the tired businessmen and others, quite as great even as the aesthetic satisfaction for its own sake. The goal to which I refer is the relief and prevention of mental and other suffering and aid to curative methods. By so adding, the musician will give to his profession a new significance and I should like to know of any composer or interpretative artist who would not regard his own sufferings for his aesthetic ideals rewarded if he could know that the products of his creative and technical abilities, expressing the loftiest endeavors of his soul, were being utilized for such humane ends.

A new mission, then, is calling the musician to help shoulder the task of medical and correctional reconstruction of personalities along with all those who are now engaged upon it against terrific odds. And this task means nothing less than helping our fellow men and those who come after us to regain a way of life filled with that positive idealism which is essential to growth in health virtues and happiness, the lack of which causes so much mental and social misery.

If we go back in history to gray antiquity we find Pythagoras, the Greek philosopher, mathematician and naturalist of the sixth century before Christ, expressing his belief in the unity of all that is created and music as the expression of this principle as an actually resounding world-filling harmony. Pythagoras formed with his disciples a brotherhood, constituting an elect group of thinkers, centuries ahead of their contemporaries. It is said "that these men rose at an early hour and together sang hymns and songs. One of their chief occupations was the search for beautiful melodies and rhythms that would sink into their souls and subdue any tendency to jealousy, pride, excess of appetite and angry feelings." What psychotherapy!

Mental unbalance is in a certain sense a lack of power and subsequently of courage to organize our mental faculties, to face the hard problems of reality and to suffer pain and discomfort to overcome obstacles. I speak here of mental diseases having seemingly a preponderantly mental origin. The pain is in such cases avoided by dodging the issue.

Music—for Normal and for Abnormal

Music does to the so-called abnormal mind identically what it does for the so-called normal. It dispels the gloom of morbid isolation which

impotent dream realization as delusions and hallucinations afford. It creates a direct, pleasurable, congenial and beautiful environment in tones. It gives something much to be desired—*aesthetic sense—satisfaction*. It overcomes the pathological idler's state of indecision which is eating up the lives of thousands of people. It stimulates some of the drowsy patients to vigorous action and many of the anti-social individuals to participation in socially constructive activities. Even those unfortunates who are too handicapped mentally and physically to fit into the normal scheme of efficiency and productivity demanded by society, find in the inspiration of music the power and the will to forget their weaknesses. They quickly drop their pathological moods and reflections, throw off their eccentric behavior and sing, dance, act and talk with full concentration of mind, exercising all the faculties they have and often exhibiting more than they have shown in their previous abnormal condition. What makes music the most humane and divine of all the fine arts? I don't know whether some of my more sophisticated fellow musicians will like this fact, but I do not doubt that the appeal of music is so fundamental that with the least remnant of mentality left, anyone may enjoy music in some or other form and also express his self in producing it, though this expression may be from a technical musical point of view beyond any artistic merit.

The feeble-minded, called more correctly the mentally defectives, are people not mentally diseased but incompletely mentally equipped. They may lack power of judgment to lead socially independent and successful lives, but they enjoy music and they can make good music, too.

In our Washington Birthday Pageant at the Allentown State Hospital our cast consisted of 25 dementia praecox cases, 7 cases of manic depression, 5 cases of general paresis, 18 psychopathic cases of which some were feeble-minded in addition, 4 epileptics, 1 drug addict—all together forming a cast of 26 women and 34 men.

What did the music do to them from a psychological point of view? Outside of all attributed to it so far, it made them respond normally to an environmental stimulus in a certain precise desired way, which asked for concentration of will and absolutely normal mental functioning and self-control of many mental faculties they were not wont to exercise. Through the various rehearsals occupying some time, these repeated reactions turned into so-called conditioned reflexes. In or-

(Continued on page 220)

Recreation for the Feeble-Minded*

E. R. JOHNSTONE,

Director, School of Training, Vineland, N. J.

When one thinks of recreation in an institution for the feeble-minded, it should be remembered that here are people of all physical ages from three to sixty, with mental ages from a few months to about twelve years; that most of them will spend their entire lives in the institution and that means twenty-four hours a day and 365 days a year. To make an ideal community, work must be a pleasure and therefore in a sense recreation. It will be seen that the line between work and play is but lightly drawn.

The feeble-minded, or as we like to say, "those whose minds have not developed normally," frequently have the bodies of adults, but all have the minds of children, so their play and recreation is simple. But because they learn slowly and because the steps of learning are short, one who learns to teach these children to play becomes an excellent teacher of normals.

Undirected play for the feeble-minded means no play, for they lack initiative, but the older and brighter children are often more patient and therefore more effective than employees. Nevertheless there must always be employees to stimulate, praise and encourage.

The little children learn Ring-around a-Rosie, Drop the Handkerchief, Follow My Leader and similar games. There are swigs, see-saws, slides and other apparatus on the different playgrounds. Kites and tops appear among the feeble-minded at regular seasons as they do with normals. But in an institution we must provide tops and materials for kite making even though here, as in normal homes, balls of twine mysteriously disappear from desk and store room. The carpenter shop must turn out sticks and the cooks are begged for flour to make paste. It is amazing how much paste a boy can get all over himself in making one kite! I think perhaps our boys get more pleasure out of flying their kites than outside youngsters for here nearly everyone will stop to "see how she pulls."

Many roller skates are given each year and in the winter evenings there are games of checkers, parchesi and the like. Many of the children play

very good games but none play chess. There are half a dozen baseball diamonds on the grounds, one of which is *the* big league diamond where games are played with the colony boys and the teams from the Vineland High School, the glass house or other outside places. Our picked team, all feeble-minded boys, won 20 out of 24 games this summer against outside teams.

On Saturday afternoons and Sunday mornings the big auto-truck is relieved from all work in order to take groups riding, for the most difficult time from the disciplinary standpoint is when there is leisure time. Something to which to look forward, some pleasure to anticipate not too far away, is necessary with our children as well as with normals.

PICNICS AND PARTIES

Picnics and parties run all through the summer. Sometimes the groups spend a few hours at Parvins Pond or Centerton, six or eight miles away, where there are fishing and boating with the ever popular lunch. There are dozens of these each summer, for there are five hundred children and a long summer. Then there is a cottage at the seashore, Ocean City or Wildwood, where groups of sixteen to twenty-four spend from a single day to a week each, depending upon their capacity to enjoy such a change. The long auto ride, twenty to fifty miles, is a large part of the fun.

But better even than the seashore is our own camping ground. We have a colony where one hundred of our grown boys live. It is about five miles from the institution proper. There are 1,300 acres of scrub oak and pine land with the pretty little Menantico river flowing for nearly two miles along one border. The big boys prepared the camp land. It was one of the happiest of times to go out in the brush with axes and grub hoes to clear a place for the shacks and open up the dense undergrowth to the stream. To the average man it would seem almost an impossible task, but these boys sang and shouted as they worked, and cheered as the piles of brush grew to enormous size. The best boys had the privilege of stamping down the piles, and a few weeks later

*Address given at Recreation Congress, Atlantic City, N. J., October 18, 1924.

night after night there was a glorious camp fire around which we could all sit and sing and tell stories.

One interesting side light on camp was when a group of the colony boys went to spend their period at camp. They had often walked over across the little creek and through the corn field to help clear the grounds or to visit the campers less than a quarter of a mile from their own dormitories, but now they were to go to camp themselves. So the big truck drove up to their buildings, they were loaded in and whirled off—not just a quarter of a mile—but away off to the Training School proper, five miles away, and there they were driven to and fro about the grounds where they could shout and cheer and so let their little world know that *they* were bound for camp. Then the truck turned back toward the colony, but instead of going directly in it turned off on a woods road and finally brought up at the camp grounds, where they spent their camping period as happily as though they were not almost within a stone's throw of where they live the rest of the year.

Throughout the winter months there are numerous afternoon and evening parties in the different cottages, of which there are sixteen. These are much like the home parties we used to have when we were children, if we were fortunate enough to live in a small town. Sometimes it is just the children in one group and sometimes children from other groups are invited in. Games are played, there is much singing and reciting and "eats." Always there must be "eats" at a children's party even though the children be men and women in years. Parents remember their children's birthdays and frequently send money to provide refreshments for John's or Mary's or Tommy's party and so, of course, this child becomes the host and invites whomsoever he pleases. Officers, teachers and other employees are included in the invitations so that it is physically impossible for us to accept all of the invitations we receive.

But the greatest of all parties are the monthly birthday parties for everybody. Each month there are posted on the official bulletin boards the names of all children who have birthdays in that month and also the names of all employees who came to the institution in that month on any previous year. Institution Birthday we call it. The director sends to each child and employee a birthday card on the anniversary day so all of this leads up to the big birthday parties in which all take part. These are held in the play hall in

Garrison Hall. The birthday children, all whose birthdays fall within the month, have special seats at one side of the room, the band (24 pieces) sits opposite and at the two remaining sides are the boys and girls with the big center open for games. The band plays, everybody sings and the birthday children choose the games. Chase the Squirrel, Circle the Rope, Pass the Bean Bag, Musical Chairs, Kick the Clubs, Falling Pillar, everything and anything that anyone can think of is played and everyone takes part. Of course, the ladies are excused when we play Leap Frog but when we dance, they are in special demand by the girls as well as the boys.

Each Wednesday evening there is a regular entertainment. We do have moving pictures but we find it exceedingly difficult to find pictures that are not too sentimental or too exciting, or over the heads of our children, and the slap stick, pie throwing kind have no value. Even Charlie Caplin is rather too much like ourselves in his awkwardness so we have movies only occasionally; and perhaps twice a year carefully selected outside entertainers. But we are still old-fashioned enough to want to give our own shows. The teachers must present one entertainment a month prepared by the pupils in their classes. This gives a great many different children a chance to take part.

JOYOUS CONTESTS

Our contests are famous for their training and fun. Here on the stage the children appear in pairs. Each pair of contestants strives over some regular activity of daily life. For example, John and Jennie make up two beds that are placed on the stage; at the same time Frank and Fanny contest in setting tables. Sam and Sally play solos, Max and Mary spell against each other, Tom and Tillie wash the faces and hands and fix the hair of Carl and Caroline. Two sewing machines furnish a seaming contest for two of the girls while two husking pegs let two boys contest with corn shucks on the floor in front of the stage. Of course, there are prizes for the winners and so that there may be no broken hearts, there are second prizes for those who do not win. It's a great stimulation in regular work to be hoping to take part in a contest. Here, too, anyone can take part.

Band concerts and physical culture entertainments belong in the Wednesday night entertainment group.

(Continued on page 225)

The Relation of the Individual Problem Child to Recreation

By

CLAUDIA WANNAMAKER,

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The Illinois Institute for Juvenile Research has for its function the study of behavior difficulties of children with the object of obtaining information in regard to the nature and treatment of these difficulties. The children are usually referred by social agencies but may be brought in on the initiative of the parents. In the majority of cases no one factor is found to exist as a cause of the difficulty, but a combination of many factors. In no case referred have we found that the lack of recreation was the one cause of the difficulty, but at the same time there are many cases in which the need for emotional outlet is an important factor of the situation. The purpose of our experimental work in recreation is to determine just how important this factor is and to what extent play may be used in a scheme for social adjustment. However, the recreational phase of social treatment is not regarded as more important than other lines of treatment, nor can it ever be a substitute for them.

From a practical standpoint, many things must be taken into consideration in the formulation of recreational plans for the child who has been referred to the Institute. In the first place, the character of the personality difficulty may indicate the type of recreation which seems to be needed. For example, a complaint of truancy and stealing may be found to be closely associated with a love of adventure, in which case an objective of recreational treatment is to furnish an activity which will serve as a means of expressing this in a legitimate way. Or, perhaps the child craves recognition. His misbehavior and his attitude toward it assume a "grand stand" character. Again a wholesome mode of expression must be sought. However, one cannot always rely upon the apparent character of behavior and a hasty jumping at conclusions is to be especially guarded against. At the Institute whatever is attempted recreationally is done in accordance with the psychiatrist's interpretation of the behavior problem. For ex-

ample, a child may appear extremely self-centered; the actual cause may not be a desire to show off but rather a deep sense of inferiority for which he is unconsciously compensating. Here the objective is to place him in a situation in which there will be relatively few possibilities of having his feeling of inferiority played upon. The shy, timid child usually needs a small group in which he may receive considerable attention from the leader without being conspicuously singled out. The child who lacks persistence and gives up easily is placed in a group where individual accomplishment is not especially clear-cut, otherwise he may become discouraged from the very start; and so we might go on piling up illustrations.

HEALTH IMPORTANT IN BEHAVIOR ANALYSIS

The physical examination may reveal conditions which must be kept in mind in determining the nature of the recreation. For example, in cases of undernourishment and heart conditions which are not well compensated, an activity must be selected in which physical exercise is only a minor part of the program. These include manual training, drawing classes, radio construction, and so forth. Many think that the recreation center itself should show forethought and not allow children to enter athletic events without a previous physical examination. Thaddeus Slezynski, the former director of Holstein Park, Chicago, has made some interesting studies in this connection in which he deplores the lack of preventive health work in recreation centers. To what extent the health of children is seriously harmed through indiscriminate participation in athletics is mere conjecture until further investigations have been made.

In no program for social treatment can the individual be isolated from his family group, and so the social worker must take the home into

consideration in making his recreational plans. In this we must consider the family budget and its relation to expenditures for recreation; the play life of the family and the type of treatment which will strengthen rather than weaken it; the equipment for play in the home. In the last mentioned we are again confronted by a lack of standards, for after all, what constitute adequate facilities for play in a home? Might not the imaginative child be thwarted by the play equipment which would seem to be indicated in the case of his less imaginative brother or sister? Of all of the questions concerning the home situation, the most important is the attitude of the parents toward the play lives of their children, for on that so many of the other questions depend. Many parents while not actually antagonistic to play expression, tend to regard it as a necessary evil which must be tolerated. Few homes make any systematic provision for a child's play time, and regardless of how absorbing a game may be, or how necessary he is to it, he may be interrupted any number of times with demands to run this or that errand. It is not surprising that he takes matters in his own hands and removes himself from the possibility of hearing when he is called. Often the parents base their estimate of the child's play upon quantity rather than quality. They say, "Oh, that boy plays enough—why, he's running around all the time." That a different type of play may be indicated is hard for them to grasp. Re-education to another viewpoint is a long and tedious process, but it is ultimately worth while. That social workers often fail to recognize this need was brought out in a study of juvenile delinquency made by the Child Welfare League of America in Rochester, New York. "In only seven of the sixty-four cases studied was there any effort put forth by social workers to interest the children in some form of wholesome recreation. Even in these seven cases no special mention was made of an effort to educate the parents, although in at least thirty-two out of sixty-four families the parents were found not to have an appreciation of the worth of supervised recreation, and apparently made no attempt to provide safe and wholesome recreation, for their children."

NATURAL BENT CANNOT BE IGNORED

Up to this point we have said nothing about the attitude of the child toward the recreational plan which might be made for him. Perhaps you have an impression that we at the Institute regard

him as a neat little checker which may be moved here and there as seems to fit the need. Such is by no means the case. As a matter of fact, the best laid plans of psychiatrists and social workers may be put to naught by his simple but emphatic statement, "No, I don't like that." In his case we are not planting new ideas into a virgin soil. He has his likes and dislikes acquired in his eight, ten or twelve years of life before he came to us. We have all sorts of criticisms to make of the type of play which he has found for himself, but nevertheless he is often tremendously pleased with it. Of course he may also dislike other plans made for him—as a visit to the dental clinic. He is not greatly concerned over the harm which might result from decayed teeth. However, this attitude toward the matter does not affect the mechanical process of having the tooth filled. In questions of play we are dealing with a much more intricate problem and one in which the mental attitude is of great significance. The activity must be regarded as recreation by the child or else it is not recreation in the true sense of the word. The real problem is not registration in a certain club or class but to work out with the child a plan which will combine the advantages to be gained through wholesome play—whatever that might mean—and his own ideas of having a good time. He must *want* to carry it out if the plan is going to be ultimately worth while. This does not necessarily mean that experiments cannot be attempted, for he may have a very limited play experience and be inclined to object to a play program because it is new and unknown. However, in such cases it is much better to have him realize that it is an experiment and that no arbitrary plan is being put over on him.

ARE THE PLAYGROUNDS ALERT TO MEET A NEED?

Suppose the social worker is confronted with the problem of the child who satisfies his love of adventure through misbehavior. It seems logical to say that play which furnishes an outlet for such a desire may entirely change his antisocial behavior. But how many of our recreation leaders recognize this fundamental need to the extent of working out programs designed to meet it? Very recently a child at the Institute was talked to about the advantages of belonging to a club. He immediately asked, "Will we dig caves and build huts and do things like that?" His recreation history indicated considerable activity of this nature—never under leadership. The complaint

against him was that he had taught sex practices to a boy of his gang; the psychiatrist considered that behavior merely incidental to his type of group association. The love of adventure is by no means confined to children who express it in antisocial behavior; and it is especially true of the child in the large city. A small group of boys was passed on the street. One boy who acted as spokesman called out, "Lady, can you tell us where we can join a club? We want to act like Indians and have adventures." They were directed to the nearest recreation center, but with no great assurance that the schedule of activities there would satisfy their longing for the unusual.

Take another type of problem which the social worker wishes to treat through recreation—the child who craves recognition. What is the play leader's attitude toward the "smarty" child who wants to be "it" all of the time? The repressive mode of treatment which he usually receives may be beneficial in certain cases, but there are many others in which it only accentuates the difficulty. Take still another example: the doctor says, "This boy is a restless type of individual as is seen in the hobo. He cannot stand monotony. The kind of recreation is not so important as frequent changes in it. Can you find a recreation center where such treatment might be carried out through play?" A survey of recreational facilities did not reveal the possibility of carrying out the recommendation.

These may be extreme cases and perhaps it will always be impossible to adjust them recreationally where the interest of the majority must be considered. Their acceptance by the group is often an impossible thing to bring about and furnishes a situation with which the recreation leader is powerless to cope. The conditions which are presented in this paper are statements of fact; they may or may not be actual criticisms, for it is realized that there may be a decided discrepancy between theory and practice in such situations. However, the recreation center might well inquire into its adequacy in meeting play needs and desires. There are individuals who drift in and out of recreation centers and do not seem to find what they want. Is the fault entirely within themselves, or might it not be that we are placing too much emphasis upon the material aspects of furnishing play opportunities, and too little upon the individuals who make up the groups? It is so much easier to follow the beaten paths of play schedules than constantly to inject into them the spirit of novelty. The recreation approach in so-

cial case work is a thing to be fostered and developed, but perhaps a great deal might also be said about the value of the case work approach in recreation.

A FEW CASE RECORDS

It was with some such thought in mind that V. K. Brown of the South Park Commission, Chicago, suggested that the Institute use the parks of that system as a laboratory for research in recreation. Only a preliminary study over a two months' period has been carried out thus far, but the results clearly indicate the possibility of making a more extensive study.

This preliminary study included the personal interviewing of fifty-four girls and boys in four park centers. These children ranged in age from nine to eighteen years, the high point being reached at the thirteen to fourteen year age group in which there were thirteen children. Each child was referred by the park director or instructor as an example of good group adjustment or poor group adjustment. He was told that the interview was entirely optional and that the purpose of it was the study of how to have a good time. In not one instance was antagonism to the interview expressed, although of course some children naturally responded more cordially than others. In one of the parks several requested the interview.

Perhaps a clearer insight into the nature of the response to the interview might be gained by giving here a typical recreation history. In this case the girl was fourteen years of age. The parents were born in Lithuania; the father died five years ago. There are four brothers and two sisters.

The equipment in the home for play includes a ball, bat, glove, football, bicycle, two sleds, marbles, tops, jackstones, jumping rope, two tennis racquets, boxing gloves, ice skates, swimming suit, checkers, cards, piano, radio, victrola, automobile. There is no yard at the home; the pets are a dog and a bird.

The significant feature of the game interests is a preference for activity usually ascribed to boys. Football is given as first choice, baseball as second and volley ball as third. Wrestling and boxing are also included in her favorites. When she plays London Bridge she likes only the tug of war at the end. She has never cared for such games as Farmer-in-the-Dell as she thinks there is nothing to them. She shoots craps with her brother in which they use pennies for stakes.

The girl has lived in the park neighborhood all of her life. However, she has attended the park only during the past six months. Before that time she played there occasionally but did not "belong to the gang" and did not enjoy it particularly. About six months ago a friend introduced her to the other girls and ever since then she has "belonged."

At the age of ten she joined the Girl Scouts. She belonged to it only three months as the captain left and the troop went to pieces. During this time she passed the Tenderfoot Test.

At the age of ten she joined a reading club. This membership lasted only a few weeks as she did not like the director—thought she was "bossy" and partial to her favorites. However, "she was very good to me," this girl said.

She has belonged to four clubs organized and managed by the children themselves. Each lasted only a few weeks and was discontinued because the members lost interest in them. She likes the clubs at the park, but has more fun in the unsupervised type of organization for the following reasons: The children think of more things to do; they have more freedom; when a teacher is present "You dassn't get dirty."

Two daily papers are taken at the home. The parts of the paper read are accounts of murders and divorces, sports, comics, obituaries, continued stories and society news. The favorite comic is Jiggs and Maggie, because "of the way she picks on the poor guy." The magazines taken are "The Smart Set," "Cosmopolitan" and "Argosy," all of which are read by her.

A library card was secured a year ago upon her own initiative, and she attends once in two weeks. A brother and sister also own cards. The books she has especially enjoyed are *Anne of Green Gables*, *Tarzan of the Apes*, *Little Men* and *Little Women*.

There has been no instruction in music. She had six months' instruction in classical and toe dancing but gave it up because she did not like the instructor. She thought he was a "sissy" and he was always telling stories of his greatness which she doubted.

The only hobby has been collecting cigar bands, which she kept up for a month. Off and on she has collected tinsel.

Attendance at the picture show is on an average of once a week, but she would go every night if her mother allowed her to. Her favorite actor is John Gilbert because, "He is the most handsomest man I ever saw." The favorite actress is

Irene Rich because, "She is sweet and takes mother parts." The picture best remembered is Robin Hood which was seen over a year ago. She imitates the mannerisms of actresses, acrobatic feats and stands before a mirror trying to portray various emotions. She never has an audience for the last mentioned. When she imitates the mannerisms of actresses the mother complains that the movies are "turning her head."

She thinks her circle of friends numbers twenty girls and eight boys, of whom three girls are her "pals." She has had four fights in which she "punched just like a boy" and won all of them. They were all with outsiders and were caused by their accusing her of showing off. There was considerable gang fighting up to a year ago. She has quarrels with her friends, who always take the initiative in making up. One of these quarrels lasted a year, although the girl lived next door and had been one of her best friends. She is somewhat perplexed over her relationship with her friends. She feels herself superior to them and always takes the initiative in doing things. The girls seem fond of her but resent her leadership saying that she is trying to show off. She says, "They hang around me but down in their hearts I think they despise me." When the interviewer suggested that a really successful leader does it in a way that does not antagonize and that perhaps the girls are justified in resenting her manner of leading she became very reflective and said, "I never thought of it in that way." She showed great interest in having further talks along this line.

There were many interviews in which the children were equally frank about their problems. One boy of seventeen was concerned over his awkwardness and shyness in approaching others. He described his efforts toward self improvement which were assuming the jaunty manner of the movie actors and copying selections from books which he thought were particularly fine. Several girls expressed a preference for playing alone because they said they could not get along well with others and always wanted their own way. Probably these children will never become what we call "behavior problems;" their insight into their problems bespeaks a step in their adjustment.

A broader study would no doubt reveal many children in recreation centers who have to some degree the traits we find in the children who come to the Institute. In a scheme for preventive work

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Physical Education at the New Jersey State Hospital*

By

EDITH STRICKLAND MOODIE, B.A.

Physical Director for Women

My task as I saw it was to improve the physical condition as far as possible, and still more to allay the anti-social instincts and actions, emotions, and substitute, if only for the moment, social ones; to rouse the quiescent or deteriorating mental powers; to revive such knowledge as in them lay and to teach new things to the limit of their capacity.

Conditions

New Jersey State Hospital at Morris Plains, sheltering 3,400 patients, consists of main building, large massive structure of grey stone, containing the executive offices and forty wards, twenty of which are occupied by over a thousand women; the dormitory building, housing about 900, of whom half are women, and a clinic, or receiving building, the women's side of which shelters about 140. Two million dollar building operations have been commenced this year. The scenery is beautiful and the extensive grounds have been laid out by an artist.

Aims

In my first interview with the Medical Superintendent and the Clinical Director they both expressed their desire to see to what extent physical education could prevent or postpone the deterioration of certain classes of patients, those of excessively untidy or perverted habits, who wish to lie on the floor in the corners of the wards or sit with head buried upon flexed knees in a prenatal position. They were to receive as much of my time and interest as the high grade patients, if not more.

On my arrival I weighed the three-fold nature of my task, or problem. I must improve the

physical, psychic and social sides of my patients, giving each case as much individual attention as my time would permit. The physical side was very important. Mental collapse is often preceded or accompanied by physical. A large per cent of the patients were flat-chested, round-shouldered, anemic, with drooping heads and dragging feet. The manic-depressive group, who were passing through the depressed even stuporous phase, and the involuntional melancholias had the world-weary, hopeless, almost somnambulist gait, the springless walk of defeat. A majority of those on the wards sat on the small of the spine with dorsal curves greatly exaggerated, and arms folded. The tendency to fold the arms tightly across the chest had become almost automatic with those who at some stage of their affliction have had to be in restraint for long periods. It took some effort on the part of the teachers to keep the arms hanging naturally after a ball had been thrown or when marching. The arms when not in use flew back to the chest almost as if worked by springs. This was also true of the catatonics. Digestive troubles were frequent, partly due to physical and psychic conditions, partly to unsatisfactory diet and mass cooking.

The psychological and sociological sides of the work were, if possible, even more important than the physical. On the parlor wards elderly complacent women did a few minutes' housework in the morning, then rocked and rested for the remainder of the day. The more active and willing patients did housework in hospital corridors, or nurses' homes, assisted in the care of the deteriorated patients, helped in laundry and mending room, attended the industrial or occupational therapy classes, but these occupations, while challenging the intelligence and attention of the patient, did little for her on the sociological side. A woman might sit at a loom, or stand at an ironing board and turn out beautiful work, yet be as introverted, seclusive, as anti-social as before.

*Address given at Recreation Congress, Atlantic City, October 18, 1924.

Repetition may have made her task almost or quite mechanical, and her delusions or hallucinations might be at the focal point of consciousness. The majority of the women were sitting or lolling about the wards all day with the exception of a daily walk regulated to the speed of the slowest plodder.

Even their pleasures were of a relatively passive order. Attendance at concerts, movies, volunteer dramatic performances, baseball games. Even the weekly dance, calling into play old established coordinations, had long since become automatic; the patients tended to dance with the same partners, so that even the stimulation of different personalities was reduced to a minimum. Many had no guests, no living contact with the outside world; they read nothing, so they were existing in a state devoid of higher emotions, and filled with the most primitive instincts.

My task as I saw it was to improve the physical condition as far as possible, and still more to allay the anti-social instincts and actions, emotions, and substitute, if only for the moment, social ones; to rouse the quiescent or deteriorating mental powers; to revive such knowledge as in them lay, and to teach new things to the limit of their capacity. To do this I had to win confidence and friendship, convince them that I came as a friend and ally, whose one aim was their welfare, who wished to help them to cure or improve their psychic condition, and have some pleasure while working towards that end.

The attendance at classes or participation in ward activities, games, stories, singing, was absolutely voluntary so the patients had to be won and kept by personal effort.

Methods and Program

The methods by which I have tried to realize my aims are the following: Classes, ward games, storytelling, reading, community singing, parties and picnics.

Ward Games and Ball Play

This work I regard as the very backbone of the department, the trunk from which the branches spring.

When I came in February, 1923, there were hosts of patients who from inertia, nineteenth century prejudice against physical activity as unbecoming a lady, delusions or suspiciousness of the unknown, refused emphatically to attend classes in the halls or participate in games on the wards. Many of these are now faithful, enthusi-

astic attendants at classes and parties, won over gradually by the influence of ward work.

The hospital, like most state institutions, is overcrowded, some wards in the main building having over ninety patients on them. The day rooms at the dormitory have a total population of over three hundred. The teachers go into the corridors or day rooms, gather as large a group as possible in a minimum of time, play a game or singing game or hold a contest as *faba gaba*, bean bag passing or ten pins. This program may have to be repeated in another part of the room. On some wards group action is at a low ebb, and only six or seven can be induced to join without great loss of time. Personal antagonism may keep one player from entering a group which her special detestation has entered. After all the actively interested ones who can be induced to enter the games have been exercised the teacher tries to rouse those who for various reasons will not join any group. The Virgin Mary, for instance, will play a two-some with teacher, but will not participate otherwise. Some very deteriorated hebephrenics sitting with head tucked between bent knees, have to be induced to put knees down, lift heads up, and catch the ball. Even a temporary rousing from that prenatal posture must have some corresponding mental stimulation. Some excited patients restrained to a bench for the safety of themselves or others, can enjoy a few minutes' arm and trunk exercise and let off steam in a wholesome manner. A patient cursing an auditory or visual hallucination may be temporarily recalled to the objective world by kinesthetic sensations. With the help of a better grade patient a stuporous manic-depressive or catatonic precox can be roused. It may be necessary for the teacher to put the ball in her hands, close her fingers around it and actually toss her arms, and then hold her hands in position to receive it again from the patient who is assisting.

After such individual work for some time often the patients can be induced to catch in turn with their nearest neighbors while seated, then stand and later enter a simple game, as "*Teacher and Class*." Sometimes they join an elementary class and attend the class parties given in the recreation halls. Some never reach this level, but enjoy the singing and stories on the wards, and in the yards and lawns. Some runaways and suicidal patients who are not permitted to leave the shelter of the wards can in this way partake of some of the pleasures offered to the more fortunate.

Community Singing and Storytelling

Singing and storytelling are offered on every ward, usually on alternate days, and songs are part of every party or picnic.

The elderly women who predominate among the chronic patients especially enjoy the songs which were popular in their youth—*My Bonnie*, *Jingle Bells*, *Kentucky Home*. The more recent commitments like *Long, Long Trail*, *Smiles*, and others of the same vintage. All enjoy the old standbys, *Coming Thro' the Rye*, *Yankee Doodle*, *John Brown's Body*, *Dixie*. Gradually all but the lowest grade women learn the words and music of the songs less familiar to them. Some wards have pianos, and then it is easy; in others the teachers have to carry the tune, and with the various disturbances on the ward it is harder for all.

Storytelling

Storytelling and reading aloud are much appreciated even in the wards for disturbed patients. The second floor of the clinic or receiving building was considered by one of the teachers as impossible on account of the noise made by some excited patients. Her successor accepted that tradition, but I induced her to persevere in her efforts and be content with a small group in a quiet or less noisy corner. Now she has a little group of nine which will form the nucleus of a larger one.

Regarding the type of material I may say that the old ladies, the hebephrenics and some deteriorated organic cases have retrogressed to the nursery tale and fairy story stage; others enjoy animal stories, myths, legends and short stories with simple direct plot. The patients of better mentality appreciate Kipling, O. Henry and even continued stories, especially those with rather loose connection between the chapters, such as *Daddy Long Legs*. In the back wards of the main building, where the disturbed patients are of the chronic rather than the acute type, we have a very attentive audience some days.

Classes

Classes are of three grades, *advanced*, *intermediate*, and *elementary*. The advanced class is attended by those of reasonable physical proficiency, whose deportment approaches the normal. Some are charter members, and some have been promoted from the intermediate classes. The pupils in this group do work which, when learned, compares favorably with that of any slightly trained group of mature adults, Y. W. C. A.

ladies' classes, or even college faculty classes. But the process of learning is much slower and that of forgetting much more rapid than with the normal. It is difficult to get and hold the attention of the entire class for an explanation or demonstration. Sometimes a second command given to the entire class will recall the wandering minds; sometimes it is necessary to address the individual by name. Usually that is efficacious. In twenty months' training, meeting almost daily, they have learned several figures of fancy marching, complete wheels, stars, combinations of stars and wheels, mazes, single and double, lions' march, and other movements, free-hand, wand, and bounding-ball drills, leg and arm movements simultaneously executed, folk dances such as *Gathering Peascods*, *English Ribbon*, *Oxdansen*, *Portland Fancy*, *Darkies' Dream*, *Virginia Reel*, races and other contests, relays of various kinds, e.g., arch goal ball, relay pursuit,

Corner Spry, Ten Trips.

At first we had individualistic games chiefly—Dodge Ball, Three Deep, Numbers Change, Good Morning, Whip Tag, Ball Tag, and so forth. Now we play Newcomb, Volley Ball, American Bat Ball, Long Ball. We have only one basket ball goal available, or we would try nine court basket ball. End and corner ball did not meet with great success; some guards would always throw to guards of opposite team even when differentiated by arm bands of contrasting colors. I may say in passing that games are the weakest point in all classes in the institution.

A folk dancing class, comprising almost identical membership, has learned the *Irish Lilt*, *Soldiers' Joy*, *Pastorelle*, *John Brown's Body*, *We Won't Go Home 'Till Morning*, *The Blue Bird*, *My Lady Goes a Walking*, *Parade of Wooden Soldiers* and *Highland Schottische*, besides simple technic.

On the advanced and folk dancing classes falls the weight of public performances on field day, open lessons, Hallowe'en parties and similar events. They are making satisfactory progress in all phases of the program.

The intermediate classes offered in each building enroll a few members whose physical ability is equal to that of the advanced class, but whose language and habits are not according to Hoyle. Conducting the intermediate classes in the main and clinic buildings especially is like driving a wagon of T.N.T. The average of the mental ability in this group is lower than in the advanced

and folk dance group. They are unable to understand, remember or play games with several rules, such as American Bat Ball. The mechanics of their throwing, catching, running, and batting is fairly good, but they cannot coordinate these movements into a continuous movement. When they have caught a ball they do not know what to do with it and are as likely to aid the opponents as their team. I had one who used to bat well, but run to field her own balls.

They can do simple marching by twos, fours, eights, running and skipping in a maze, free hand exercises involving only one part of the body, story plays, races, sprints, and relays, goal shooting, faba gaba, bean bag passing and simple individualistic games. Folk dances such as *Jolly Miller*, *How-do-ye-do*, *My Partner?* *Kinderpolka*, *Hunting* (Bancrofts), *Dance of Greeting*. They enter with childlike zest into all phases of the work, will come twice or three times a day if permitted, and greet you with rejoicing when you appear on the ward if only to pass through it. The personal antipathies are very strong, and one needs to know the group and whom to separate by the width of the circle or length of line. The statement that "the busy child is the good child" holds true with this group. Any cessation of activity is apt to precipitate quarrels. "Keep Moving" is the motto for teachers of this group.

Elementary classes are drawn from the lowest group capable of leaving the wards. Among this crowd are dangerous yet dynamic patients, but the majority are so listless and apathetic as to render the mass inert. The danger of explosion is much less than in the intermediate class, but they are far harder to teach, and exhaust the instructor in mind and body. The actual task of getting a number of negativistic or stuporous patients through the wards and corridors requires an amount of pushing and pulling which represents many foot-pounds of work. The traditional games, *Farmer in Dell*, *Did You Ever See a Lassie?* have to be simplified—a few will perform, practically none will initiate, as in *Lassie*. Story plays are beyond their imaginative power. I give a very simple one part drill, but the majority have to be prompted, and the assistants have to help with hands as well as voice.

In straightaway races the majority will run, but some have to be given initial impetus. Hardly any can touch a goal and return to scratch line. When shooting basket ball goal they rarely cage the ball. They are fairly good at faba gaba, at short distances.

Social Dancing

A class in social dancing is offered in all buildings. It is restricted to beginners. Those who can dance attend the functions offered by another department of the hospital.

Bowling

A weekly class in bowling is offered each building. The patients enjoy it, and do fairly well, but the groups have to be large, so their turns are not frequent. Still, they are glad to get off the ward on any pretext.

Parties

At least once a month each class has a party or picnic, with an attendance varying from thirty to one hundred and sixty patients. The entertainment furnished to the patients by the committee on amusements is largely non-participating. My aim has been to make the patient furnish her own play and that of her friends, to increase sociability, stir sluggish memories and bring to light talents hid in a napkin. At parties for better grade patients I have asked them to bring an Irish joke, conundrum or limerick. Most have responded and some have composed original jingles or local puns. We have guessing games such as person and object, and proverbs. Out of a hundred general information questions only one was unanswered by any member. We use puzzles, bisected pictures, recite tongue twisters, do stunts such as Jerusalem, bean bag, Lakes of Killarney, Treading on Hearts and others according to suitability of the season. Other possible forms of entertainment are races, individual and relay, individual contests, basketball distance throw, ten pins and others. I often teach a new singing game—as *John Brown's Body*—at a party before using it as class work. To stimulate interest, especially in the lower grades, I give a half stick of penny candy to the contestants and a whole one to the winner. When I have men guests at the parties, I award cigarettes or give them the choice of candy and cigarettes. Many prefer the candy. The advanced class and folk dancing class often perform at these parties. At the March parties they give the *Irish Lilt*; *English Ribbon* at Easter. I keep these concert program numbers to a minimum, one or two at outside, as I want general participation. Better one hundred singing *Yankee Doodle* out of tune than one hundred listening to one soloist.

We have beautiful grounds and a most attractive
(Continued on page 229)

The Recognized Value of Recreation in the Rehabilitation of the Disabled*

By

R. E. ARNE

Assistant Manager, Pacific Division, American Red Cross

Supervised and directed recreational activities in hospitals are very new and must still be considered in a decidedly elementary stage. I have been unable to ascertain that any organization other than the American Red Cross has had sufficient experience in this field to offer practical suggestions, although many organizations and individuals have given valuable service to the disabled. Because of its unique position as a supplementary agency to the United States government, the American Red Cross has been authorized to maintain and develop recreational activities in government hospitals, under supervision of the medical officers in charge.

To fulfill this obligation, the American Red Cross is now employing 72 recreation workers throughout the Veterans' Hospitals, the Soldiers' Homes, the Contract, the Army and the Navy hospitals. In addition to these specialists are the regular hospital social workers who devote a portion of their time to the field of recreation. During the fiscal year ending June 30, 1924, \$122,064.00 was spent on recreation and entertainments exclusive of salaries. The salaries of our present recreation staff amount to \$9,970 per month which would make an approximate total of \$119,640 expended during the year for this one item. The annual report of the Red Cross shows that during the year 14,152 recreation events were supplied in Veterans' Bureau Hospitals, Soldiers' Homes and Contract Hospitals and that in a single month there were over 500 entertainments furnished in the recreation houses of the same institutions. Such events and personnel are provided by the American Red Cross because the organization is convinced of the therapeutic value of recreation for the disabled ex-service man.

Practically all of the war time recreation in hospitals was of the more spectacular type. Patients were entertained but in almost no in-

stances by their own efforts. We are not entirely free from this type of recreation in some of our hospitals, though it is the policy of the American Red Cross to stress the therapeutic value of recreation and serious efforts have been made to get away from the spectacular and passive form.

It is not surprising that it is no easy matter to develop thorough-going recreation programs with the objective of making the greatest possible contribution to the complete restoration to normal society of the disabled men, when we consider that practically all our commercial recreation is of the passive type and that even our colleges and universities put far greater stress upon the athletic prowess of the few than upon the development of physical perfection in the majority of the students. In the main the Red Cross program has been one of active recreation for the neuro-psychiatric patients and with some general patients, and of the more passive type for the tubercular group, all recreation being under the supervision of the medical authorities.

ACTIVE PARTICIPATION VITAL

Experience has shown that the neuro-psychiatric patient is in need of active recreation in which he may participate and through which he may be able to forget himself. Field Days and outdoor athletic programs are especially good. Outdoor games that are too exciting and vigorous must be avoided for certain types of nervous patients. Great care must be taken in securing the right kind of moving pictures, theatrical performances and similar events in order to avoid the harmful features. Films which are intensely dramatic, sensual, criminal or disturbing should be avoided. Music is a very important feature in recreation programs. It should have a part in the daily recreation activities. Wherever possible there should be patients' orchestras and bands, group singing and mass singing as well as musical talent from the outside.

*Address given before the Community Recreation Conference, Western Division, held in Santa Barbara, November 6-8.

For the tubercular patients much of the recreation must be of the passive type. However, there are many games in which the patient may participate and which do not interfere with treatment.

In the general hospital, the recreation program is particularly difficult as the patient is often there for a very short period. If he is recovering from an operation he is frequently unable to participate in any type of recreational activity. Furthermore, since the patient usually remains in the hospital but a short period, he is likely to maintain his outside community contacts and therefore does not have the serious difficulty in making social adjustments upon discharge from the hospital.

Just as in social case work it is our aim to study the needs of the individual, to meet those needs and assist the man and his family to bring about a proper social and economic adjustment in community life; so, in the field of recreation special thought must be given to the recreational needs of the individual patients. As an instance of the value of attention to the recreational needs of individual men, permit me to cite an interesting experiment which is being tried at a state hospital in New York. Here are many psychotic patients who are practically in a state of semi-coma. They sit for hours, looking at nothing. Many of them have not spoken since being admitted to the hospital. Seated at table, they ignore food. Only constant attention preserves their lives from the results of their neglect of the most elementary functions of existence.

Through the efforts of the Red Cross workers twenty of these men have been organized into a special class for training in hygienic habits and for participating in recreational activities. With unlimited patience they have been taught to dress themselves, wash their faces, comb their hair, brush their teeth, polish their shoes. Great was the rejoicing throughout the hospital when, unbidden, the patients brushed their hair one morning. From this small beginning other habits have been acquired.

Every morning after breakfast these men are taken to an athletic field where they are taught to play. There are baseballs, medicine balls, handballs, and similar equipment. They are put through calisthenic drills. Slowly under the physical instructor's patient direction the men are learning to play. They catch balls thrown to them and throw them back. They have learned to execute simple calisthenic drills. Gradually something of the spirit of play they have forgotten awakens in them and they take an interest, which

finally becomes a pleasure, in activity. Following the play period they go to a class in occupational therapy. One of these men has gradually worked back to normal life to such an extent that he will be sent home on parole. The Red Cross social worker will keep in touch with him during his period of parole, visiting his home several times during the month and watching for signs of the return of his trouble in order to bring him back to the hospital if necessary, giving encouragement when he improves and as soon as it is found that he has made the social adjustment extra-murally, assist him in securing a position where he will be self-supporting.

It is realized that the few months of concentrated effort which have meant real progress in the lives of these men does not prove conclusively the value of organized play in the restoration of the mentally sick. It does, however, give us cause to hope that herein lies a tangible means for rehabilitation.

AFTER DISCHARGE

More and more attention is being given to the matter of serving the disabled man in his recreational needs after his discharge from a hospital, because many social workers and some physicians feel that all social efforts may be useless if the recreational needs of a man discharged back into normal life are not provided for in a plan for his after-care. No one attending this conference would hesitate to emphasize the importance of directed recreation and the proper use of leisure time on the part of our healthy and normal population. How much more important it must be to direct and supervise the recreational and leisure-time activities of men who because of the ravages of war have spent months and years in hospitals and who will have great difficulty in making the readjustments to normal social life!

The need for directed play has long since passed the experimental stage. Our local units of government have shouldered the financial responsibility and direction for the proper use of the leisure time of our children, and more and more the leisure time of our adults. It is very fair to assume that the time is coming when recreation will be a definite part of programs in civilian hospitals and of course in all government hospitals and that such programs will be supported, to a large extent, by public funds.

Nation-Wide Saturday Morning Movies

By

JASON S. JOY

Indoor recreation of the sort which perhaps boys and girls like best of all will be readily available in a large number of cities during the coming Fall and Winter in the shape of Will H. Hays's Saturday Morning Movies, which are to be shown at an admission of 10 cents.

These movie programs, which consist of a full-length feature picture, a short comedy and a semi-educational subject, bear the full endorsement of the Department of Public Relations, which cooperates with Mr. Hays's organization, the Motion Picture Producers & Distributors of America.

Mr. Hays gives his personal assurance to parents regarding these Saturday morning movies in the following words:

"The very best sort of movies will be displayed for the youngsters. Every picture will have the endorsement of our department of public relations. Parents and guardians may send their children to these performances with complete confidence that what they see will be altogether wholesome and beneficial. Ever since motion pictures became a familiar public service institution, there has been talk of a so-called problem, 'What of the Child and the Movie?' This arrangement, the Saturday morning movie, is the complete answer to the situation. Any really interested group anywhere, cooperating with the local exhibitor, may now obtain pictures proper for this purpose."

By October 1 it is expected the special showings will be given on a nation-wide scale. A number of experimental exhibitions were presented during the Spring and these proved to be a great success. Large crowds of boys and girls were delighted and parents everywhere were enthusiastic in their approval of the plan.

The most striking presentation was on the last Saturday in April at Rochester, N. Y., when nearly 3,000 youngsters filled the Eastman Theatre, which the well-known film manufacturer presented to the University of Rochester. The interest in this performance was so great that notices concerning it were posted in all the

class rooms of the city and the transportation companies ran special cars to the theatre. The feature picture was a farce-comedy, *The Hottentot*, accompanied by a 1-reel scenic and a 1-reel comedy.

These Saturday morning movies are the result of a year's survey made by Mr. Hays's Department of Public Relations and included a viewing of the film material in the vaults of the 22 producing and distributing organizations which belong to his Association. From the thousands of reels seen, sufficient material was chosen to complete 52 distinct programs.

The showings will be given first in the 32 "key cities" of the United States from which the motion picture companies distribute their product to the surrounding territory. It is the plan of Mr. Hays's Public Relations Department to extend these special Saturday morning movies to all cities and even to smaller towns.

Those who are interested in obtaining the Hays-endorsed programs should see their local exhibitor, who will be able to obtain the complete assembled programs from one or another of several distributing corporations.

In the cities of Albany, N. Y., Butte, Mont., Kansas City, Mo., New Haven, Conn., New York City the Fox concern is the distributor. In Atlanta, Ga., Dallas, Tex., Des Moines, Ia., Memphis, Tenn., New Orleans, La., and Oklahoma City, the films may be had from Paramount. In Charlotte, N. C., Chicago, Los Angeles, Seattle, Wash., Universal will distribute. In Boston, Indianapolis, Milwaukee, Omaha, Salt Lake City and San Francisco, the handling will be done by Metro-Goldwyn. First National will distribute in Buffalo, Denver, Portland, Ore., and Washington, D. C., and the Producers' Distributing Corporation in Cincinnati, Cleveland, Detroit, Minneapolis, Pittsburgh and St. Louis.

Mrs. Harriet Holly Locher speaking at the National Better Films Conference on January 16th reported that an hour each week was given in the Crandell Theatres of Washington, D. C., to educating mothers in civic and social welfare matters. Many mothers had not understood the purpose of the public playgrounds. The showing of local playground activities in the films at the theatres resulted in bringing large numbers of new children to the playgrounds, many times with the parents accompanying them. Athletics for girls have been promoted through the screen by showing slow motion pictures of Washington girl athletes.

A Letter from Jerusalem

Mrs. Max Guggenheimer, who has been so active in the recreation development in Lynchburg, Va., and who is also an honorary member of the Playground and Recreation Association of America, like many other friends of the national movement thinks of play and playgrounds even when she is in far off Asia. The following letter has just been received from her:

"Jerusalem, April 3, 1925

"My dear Mr. Braucher:

"... As yet there are no playgrounds here, but many interesting possibilities for recreation activities. The children do not know how to play—so many of them are confined to underground homes, and dark alleys—and are very sad little human beings. I hope some time we may be able to help them to a happier life."

A few days later Mrs. Guggenheimer wrote:

"I have been making enquiries and investigations, and find there is absolutely no organized form of recreation—and consequently no possible development.

"If you could see these sad little children I am sure you would feel their needs, as much as I do, and be willing to help them find health and happiness.

"A few days ago I went through parts of the Old City, within the walls, and saw the homes of little children—many of them huddled in underground stone rooms, with little or no ventilation or light. There were only small, narrow alleys for an outlet. In this district, there is one only vacant lot—a little more than a quarter of an acre. It belongs to the Pro-Jerusalem Society, of which Sir Ronald Storrs is the President. He has offered this lot to some Jewish ladies, who have already established a kindergarten and Milk Station in the district. Now I am urging these ladies to accept this lot, and I am willing to assist them financially to develop it into a non-sectarian playground. This will necessarily be only a small beginning, but I hope it may demonstrate the benefits to be derived from organized play, and lead to further developments, in the same direction. In this undertaking, I am asking your cooperation, in giving advice as to the best method of procedure. I think it may be possible to get a trained worker here, who, of course, is not acquainted with our methods, but could possibly obtain some instruction by correspondence. Will you send me any instruction and literature that

may be of use, and also catalogues of equipment, which they will be able to make here, if they have the details. I will be remaining in Palestine, probably, until the middle of June, and it would give me great happiness to be able to start the playground movement here. I am having a wonderful time. With kind regards,

Sincerely yours,

(Signed) MRS. MAX GUGGENHEIMER

A Home Play Exhibit

The annual Better Homes Exhibition of the Builders' and Contractors' Association of Reading, Pennsylvania, offered an excellent opportunity to the Recreation Department of the city to bring before the public materials and methods for home and backyard recreation. During the week of the exhibit, February 9-14, a large booth was set up in which home play apparatus, demonstrations of activities and appropriate slogans were placed. Three thousand six hundred circulars were distributed among the passing throng, along with 1,200 four-page bulletins telling of home play opportunities. Two hundred and fifty samples of the special holiday bulletin telling of activities for Valentine Day gatherings were given those interested. As the booth was open each afternoon and evening during the week, under the auspices of a representative of the Department, it was possible to make many contacts and to do much propaganda work among the 40,000 visitors at the exhibit. Many interesting reactions to the work were reported—chief among them surprise at the discovery that such a mutual agency existed among the municipal departments. Upon learning of the service, 167 people were added to the mailing list for home recreation bulletins. Thirty-two individuals were discovered, leaders in various institutions, who could make use of the special holiday and bulletin service.

Interest ran high in the booth, the spectators paying very close attention to the project activities of the children who were working in various parts of the booth. Of the handcraft exhibits, such as sandcraft, bead, reed and raffia work, modelling and drawing, the modelling and sandcraft activities seemed to attract the greatest amount of interest. Many questions were asked regarding materials, apparatus and methods. Careful observation showed that the vast majority of the spectators read the slogans which were placed at the back of the booth.

On Athletics for the Largest Number*

By

DANIEL CHASE

Chief, Physical Education Bureau, State Department of Education, Albany, New York

I believe that the school which gets the largest number of its students engaged in sports is doing a bigger service to its community than that which turns out championship teams. The major portion of the benefits that come from athletics may be obtained from interscholastic and intramural competition. I rejoice when a school gives up games with outside schools and thereby has a bigger and richer program of activities within its own borders, but this does not always follow. I believe the all around program, that includes every pupil, is the basic part of physical education and athletics, and is the factor that should be given most attention by those concerned with this work. The school team which plays the outside school is only the apex of the pyramid. As an apex it is important, but when it is used as the base then the physical education program and the whole athletic program is upside down. Schools should not let interest in any one sport be out of all proportion to interest in other school activities.

I believe that there is a need of more activities that may be participated in by high school boys, in schools too small to maintain football teams, and for boys who may not be fitted for participation in football. Cross country running is one such sport. A second sport that should be promoted is soccer football. Swimming is another sport that could receive a little stimulation. The ability to swim, and to swim well, should be the equipment of every well educated boy and girl. Up-to-date schools are providing swimming facilities.

The State Athletic Association, which is not yet five years old, has, we believe, done much to raise the plane of high school athletics in this state. For one thing it has improved standards of sportsmanship. It has acted as the agent of all the high schools for promoting better relationships and for making possible the deciding of championships. Misunderstandings and disputes still arise occasionally, and will as long as human nature remains as it is. Progress is being made, however. Bitterness is disappearing. Cordial relationships between towns, where once bitter rival-

ry existed, prove, I think, that athletics may be used as a means for doing away with suspicion, hatred and unfriendliness.

Recreation Vital to Social Hygiene*

The demands of the emotions must be met and adequate companionship between the sexes must be provided under decent conditions. The problem of recreation, therefore, becomes of real importance, not only to the individual, but to the race. Fortunately, this is being more and more widely recognized from the medical, educational, and social standpoints. As a practical measure for reducing promiscuity, it has proved one of the strongest factors. As an example, the fall of the incidence of venereal disease among the British troops stationed in the Aldershot Command could be cited. In 1885, the incidence of venereal disease was 321 per thousand. During the ensuing years, barrack accommodation was improved, and organized recreation for the men vastly increased, and by 1902 the incidence had fallen to 86 per thousand. The modern method of treatment was introduced within the next few years, and, of course, medical measures accounted for a considerable fall, but those medical measures were in force throughout the British Army and did not affect only the Aldershot Command. The incidence in the Aldershot Command had fallen, in 1913, to 29.8 per thousand, while the same year, in the London Command, it amounted to 95.6.

An even more striking result, uncomplicated by the introduction during the period of an altered form of medical treatment, was obtained in the British Army in Constantinople. Social conditions were exceptionally bad and remained unaltered during the whole of the period. The medical treatment was uniform during the whole period, but when General Harrington took over the command of the Army of the Black Sea, in 1921, he initiated an active recreational and educational program, which resulted in halving the venereal rate the following year.

In plain fact, those who are provided with counter-attractions do not indulge as frequently in promiscuous intercourse; if the attention can be diverted, the racial instinct can be sublimated into social channels. Therefore, the problem of securing adequate facilities for recreation is one of primary importance.

*From "A Review and Forecast," by Sybil Neville Rolfe, January, 1925, issue of *Journal of Social Hygiene*.

From *Albany Evening News*, March 21, 1925.

Mountain-Climbing

Semi-weekly the Department of the Interior is issuing notes on mountain climbing. These are very practical and will be welcomed by the increasing number of enthusiasts of this old-time, outdoor activity. Its values are many, including promotion of health and strength, teaching of self-reliance, determination, presence of mind, necessity for individual thought and action, fearlessness, endurance, loyalty and patriotism. It also develops friendship and a friend is defined as one with whom you would like to go camping again. The four bulletins which have so far been issued by the Department contain a large number of practical hints for mountain-climbers.

In case the trip is long, preparations should be made to spend a night in camp. If a pack horse can be secured more elaborate equipment may be used and a small tent may be carried. A light pack sack (about 1 lb.) with shoulder straps is better than one with a strap over one shoulder and across the chest. The sack can carry one's coat, lunch, kodak and minor articles. Sleeping bags should always be taken for an over-night trip. Few cooking utensils are necessary. Much can be done with an ordinary lard pail and a frying pan. Other utensils to facilitate the preparation of meals may be added. Field glasses are a worthwhile aid but some find the additional weight burdensome and they are not, of course, essential. A small, light-weight engineer's compass, in which the needle can be lifted from the pivot, should always be carried. Other equipment includes a piece of light-weight rope from ten to twenty feet long for difficult scrambles; dark glasses if there is snow; face cream for sunburn; a canteen (holding 1 quart—weight 3 lbs.); a piece of candle and a hot water bag to warm the sleeping bag. (This may be transferred into a portable shower bath by means of an attachment consisting of a perforated rubber ring.) It is well to keep the equipment at ten pounds if a pack horse is not used.

Clothing should be the weight of that worn in October in lower elevations. On a trip of more than one day it is well to have a change of clothing in case of rain. A corduroy suit or other strong heavy material that will keep out the wind or light rain is needed. Khaki will do in mid-summer. Knickerbockers or riding breeches and flannel shirts are practical for climbing. Warm clothing is necessary after a climb. A sweater makes a good extra garment. Leggings and heavy boots or shoes, waterproofed and well

broken in and with hobnails added and an extra sole put on, are best to wear. Shoes may be waterproofed by rubbing them well, when thoroughly dry, with oils or with bacon fat, lard or axle grease, with frequent applications. Two pairs of socks with the outer pair of heavy wool, should be worn, soaping the inside of the sock or using a liberal amount of talcum powder to prevent chafing or blistering. Gloves are advisable for warmth and to protect the scratching of the hands. A light weight slicker or other waterproof covering is frequently useful.

How Should Hikers Dress for Comfort?

Dr. Charles P. Fordyce, authority on trailcraft, answers this question in the April issue of *Hygeia*. He says in part:

"Footwear is the most important part of the hiker's equipment. The one who has tender feet should follow the plan used by Weston, most famous of all walkers, and should soak them at night in a brine made with ice cream salt. One should wear, even in summer, the heavy weight, thick, all-wool socks that lumbermen use.

"This will necessitate large shoes—at least a size larger than those usually worn on the street. Munson last army shoes of ordinary height (never the high top hunting boot) are proper; women can get suitable and comfortable service from shoes sold to boy scouts.

"The underwear should be light weight wool; likewise the shirt. Semi-military riding pants of wool are good. A silk neckerchief and a broad brimmed felt hat complete the outfit.

"If blisters develop, heat a needle in a match flame and when cool insert it under the blister at the edge, to draw out the serum; then slap on a piece of common surgeon's adhesive plaster."

A Creed for Workers' Education.—We believe that the purpose of education for young and for old is the understanding and enjoyment of life and that the uneducated man is not he who cannot read or write or spell or count but he who walks unseeing and unhearing, unaccompanied and unhappy, through the busy thoroughfares and glorious open spaces of life's pilgrimage." World Association for Adult Education, 13 John Street, Adelphia, London, W. C. 2.

Rural America, January, 1925

Recreation for Artists

Detroit, that great industrial center growing in leaps and bounds, has her Art Institute which her motor millionaires have helped to build and maintain. But the Art Institute by no means represents the only art center in the city. There is the Detroit Art Club organized by the Department of Recreation, whose members come from the Recreation Sketch Class directed by the Department in the Institute of Art and from the entire city. These men and women are clerks, factory workers, sign painters, draftsmen, teachers and housewives. Four committees have been formed—Art, Literature, Drama and Music. On the theory that an artist must have an all-round appreciation and knowledge of all the arts, participation in the duties of each committee is considered important.

The Art Committee holds weekly sketch classes in the clubroom. Here artists come and criticize the sketches, and criticism from student teachers as well is invited. Practical problems such as clubroom decorations, stage settings and posters are worked out in this class. Correct exhibitions, books and lectures are discussed.

During the summer an outdoor sketch class is maintained on a farm fifteen miles from the city. A truck meets certain inter-urban cars, and the artists are taken out and classes held Saturday afternoons and all day Sunday. Here they paint landscapes, study tree and flower construction, analyze color and observe composition. For recreation they have hikes and rides on the truck to the village. A big wiener roast with corn and a beautiful play on the river bank composed the one big event of the season. The play was well attended by the farmers in the vicinity.

On November 16, 1924, the fourth annual exhibition opened with over a hundred entries. Oil paintings and sketches in pencil, charcoal and colored chalk were exhibited. The Club gave \$65 in prizes, the Recreation Department awarding three medals. Prominent artists were the judges, and the statement to the effect that the members of the Club had passed from the amateur to the student class was very encouraging.

Results thus far secured have been very gratifying. One young man, a sign painter from Kentucky, is now in the Pennsylvania Academy of Fine Arts. Two young men, one a Greek, the other an Hungarian toolmaker, who had about decided to give up studying, through the encouragement of the Club pursued their work in clay modelling and are now the owners of a very suc-

cessful cast stone works. One boy through the Club discovered his love for dramatics and is now a partner in the only marionette show in Detroit. Four members are in New York; several have better positions with advertising firms; all attend various night classes. There are several gray-haired mothers who are now resuming their studies since the children have grown up.

Among the social activities are teas given by the various committees to which are invited well-known professionals who give interesting talks. Over the teacups social contacts are made through a subject of mutual interest.

Parties, too, are held, but back of each must be a guiding idea—in preparing them much research is carried on and appropriate dances learned. Pantomimes are rehearsed, old ceremonies repeated, and the success of the evening is measured by the smooth performance of the program and the effect of the whole. There is active participation in the annual canoe carnival.

"This is a report of the art division only," writes Miss Jessie Talmage of the Recreation Department, in charge of the work. "Other committees are just as active. The work of the Dramatic Committee would make an entire report in itself; the Literary Committee keeps us informed and watches our English, and the Music Committee furnishes music for our various entertainments."

The following Play Hour Program was a part of the National P. T. A. Convention, Austin, Texas, Friday, May 1st, 1925:

1. Simple marching to music
2. *Introduction games*
 - (a) How do you do (to music)
 - (b) Come along.
3. *Singing games*
 - (a) Looby Loo (to music)
 - (b) Farmer in the Dell (to music)
4. *Group games*
 - (a) Partner tag
 - (b) Freeze out
 - (c) Squirrel in trees
 - (d) Heel and nose tag
5. *Quiet game*
Moon is round
6. *Team games*
 - (a) Weaver relay
 - (b) Passing relay
7. *Simple Folk Dance*
Jump Jim Crow (to music)
(From the Opera *Maytime*)

The Community Recreation School

From July 20th to August 29th the P. R. A. A. will conduct its 24th Community Recreation School. Through the courtesy of the South Chicago Park Commissioners the School will be held at Fuller Park, and the facilities of the field house will be at the disposal of the students.

The School presents an intensive course designed to train recreation workers for executive and administrative positions. It offers a discussion of the fundamentals and philosophy of the modern community recreation program, a presentation of methods of organization, publicity and finance as related to community recreation, program building for different types of communities and for special days, training in leadership principles, in games, athletics and physical recreation, in social recreation, music and drama as community recreation activities. It makes possible an exchange of experiences with other workers and volunteers and gives a picture of current trends in the leisure time movement. Anyone wishing further information may secure it by writing T. E. Rivers, the P. R. A. A., 315 Fourth Avenue, New York City.

On Chicago's School Playgrounds

The annual report of the Bureau of Recreation of the Chicago Board of Education, which has recently appeared, will be of interest to recreation executives and officials both from the standpoint of content and of appearance. The report tells of the work of the Bureau through its departments on supervised and equipped playgrounds, on after-school play, on unequipped school grounds and on recreational activities in schools used as community centers. It also outlines some of the problems which it has had to meet, and makes recommendations for future developments.

A particularly interesting feature of the annual report is the supplementary report of the year's program of activity which deals in some detail with the fifty-eight activities conducted and gives interesting facts about the results of the balloting on play activity preferences in which the playground children and instructors took part.

The list of fifty-eight projects classified according to months are as follows:

1924	
<i>January</i>	
Ice Skating Tournaments Division	32. Men Seniors
1. Junior	33. Girls' Juniors
2. Intermediate	34. Girls' Seniors
3. Senior	35. Original Doll Show
4. Snow Modelling	36. Pushmobile Races
	37. Knot Hole Club
<i>February</i>	
Wrestling Tournaments Division	38. Playground Mardi Gras
5. Junior	39. Chicago Olympic Track and Field
6. Senior	40. Sand Craft Exhibition Baseball—Continued
7. Valentine Parties	
<i>March</i>	
8. Whittling Contest	41. Defense Day Athletics
9. Poster Contest	42. Lantern Parade (Stadium)
10. Junior Police	43. Playground Circus (Stadium)
11. Radio Contest	Volley Ball Divisions
Wrestling—Continued	44. Junior (Boys)
<i>April</i>	45. Intermediate (Boys)
12. O'Leary	46. Senior (Men)
13. Baseball Pitching Contest	47. Junior (Girls)
14. Top Tournament	48. Senior (Girls)
15. Girls' Week Pageant and Athletics	
16. Marble Tournament	<i>October</i>
17. Junior Olympics	49. Soccer Football League
18. Clean Up Campaign	50. Diabolo
19. Marble Tournament	51. Apparatus Contest for Girls
<i>May</i>	
20. Jack Stones Tournament	<i>November</i>
21. Boys' Day in Athletics	52. Harmonica Contest (Boys)
22. Hikes	53. Ukelele Contest (Girls)
23. Low Organization Game Contest	54. Barber Shop Quartette
24. Horse Shoe Contest	55. Hallowe'en Program
	56. Election Preferential Vote on Activities
<i>June</i>	Soccer Football—Continued
25. Folk Dance Contest	
26. Pet Shows	<i>December</i>
27. Stilt Contest	57. Toy Making for Christmas Gifts to Poor Children
28. Playground Rodeo	58. Hare and Hound Contest (Girls)
29. Efficiency Tests	Soccer-Football—Continued
<i>July</i>	
Playground Ball Division	
30. Boys' Junior	
31. Boys' Intermediate	

Psychotherapeutic Value of Music

(Continued from page 202)

der to produce and hear the music, the cast had to do many things which finally led up to the music-making, but in themselves had no connection with it, such as planning and making themselves ready in dress for a rehearsal. Finally, some of these conditioned reflexes turned into ordinary habits and repeated themselves without the original stimulus. Patients first interested in

musical meetings finally took an interest in all kinds of meetings.

These by-products of newly acquired more normal behavior are perhaps the most desirable results to be obtained from a behavioristic point of view. Let us see what the music-making furthermore nets:

First of all, a system of constructive normal and idealistic mental suggestions, supplying from the outside an initiative and a force which is missing within the patient. And let leaders remember that in institutional work, their initiative counts and is the deciding factor. Let them take care to have always plenty of it and of a pedagogic type. The positive suggestions then as, for instance, those given by the songs and other selections change the patient's emotional tone, make him concentrate his intellectual forces and induce him to expand physical energy internally and externally. They furthermore make him leave his place of self-sufficiency and seclusion and raise him to the level of sociability. He joins a chorus, a dance or an audience and mixes with others, going so far as cooperating with them for a mutual goal of beauty. He proves another point and a very important one in mental therapy, that he has not only a great desire to function normally, but that he wants to learn, to acquire new ideas and new skill, to master a new repertoire and to fill up his mind with new happiness bringing notions. And here we touch one of the great techniques of mental therapy; namely, education, straight drilling, prompting, reaching out for new goals of efficiency on higher mental, moral and cultural planes. Mental patients should be occupied and instructed only in the light of their aesthetic and other abilities and should not be given work below their capacity. This would mean in many cases a systematic breaking down instead of building up.

STUDYING THE USE OF MUSIC

The term "therapeutics" denotes the effect of a certain object in relation to another object. It, therefore, involves two objects. It does not speak of structural but of functional qualities. When used in connection with music, it is not intended to define structural properties of the composition or the technical merits of an interpretation, but the influence this selection and its interpretation have on a human being with a special mental state at a certain time with the idea of substituting this state by one that is more to be desired.

Therapy is a medical term, meaning cure.

Musical therapy, then, is a medical term with the attribute musical, simply telling that the system of treatment utilizes music to bring improvement in the condition of a certain man at a certain time.

Which type of music will act as a therapeutic stimulant depends on the man, his social and cultural history, his type of disease and the particular trends which this disease shows at the time of the presentation of the musical stimulant. It also depends on the particular part which this piece of music may or may not have played in the history of the man.

A musical therapeutic critic, therefore, must be capable of the interpretation of the psychological reactions and their effective value and of necessity must be a psychiatrist with sufficient musical appreciation to accomplish this. Without this technical musical insight, the psychiatrist should be assisted by a musician who has sufficient psychological knowledge to bring out the required reactions and assist the physician in the interpretation thereof, leaving the prescription of further measures to him, the medical expert, as the one who is qualified to judge what the result has been and to prescribe what is medically further desired.

Therapeutic values are relative values. Take a Beethoven Symphony played by a first-rate orchestra and a crude concoction of tones by an amateurish composer played by a helpless "bunch" of fake musicians. To a deaf man and a man indifferent to music, both compositions and renditions have the same therapeutic value—namely, none.

In the case of a music-lover and a music-hater, the proposition becomes quite different. If the beautiful masterpiece and its interpretation help to quiet down a patient who really needs to be unpleasantly aroused in order to shake off his abnormal indifference, even a Beethoven Symphony becomes in that case a detriment and is no therapeutic agent. If the "murdering" of even a crude piece of music indignates the patient in such a way that by reacting violently against such music and music-making, he shakes off his abnormal habits, the crude piece and its faking act as veritable therapeutic agents.

The listening to music, however, is not its most important medical use. This is the utilization of music as a means of emotional self-expression. In this way, music enables many a patient to lift himself a number of notches higher in normal behavior, preventing that tendency of regression

as evidenced by such conduct as manneristic behavior, such as is expressed by thumb-sucking, directing emotional energy into activities which give a more mature sense-satisfaction and a chance for intellectual application of the same.

The wonderful therapeutic quality of music is that it is able to substitute so many of these infantile regressions by such respectable and pleasant emotional discharges as the singing of songs, playing simple tunes on simple instruments, to begin with, even if it is only a tambourine or mouth-organ.

The most deplorable rendition of either masterpiece or crude monstrosity has, therefore, a greater therapeutic value than the aesthetically correct rendition of a masterpiece or crude tune if, in the first case, the insufficient rendition is the means through which the patient by murdering, so to say, the musical masterpiece makes an attempt to express himself emotionally in music, making a higher type of adjustment thereby than indulging in day-dreams or phantastic ceremonies. From the simple tune one can always lead on to further progress in selection and execution, finally to aesthetic interpretations. Day-dreams and symbolic ceremonies tend to regression.

The most beautiful melody rendered in an aesthetically sublime way may have no therapeutic value if it is performed by a psychopathic or paranoiac personality using his technic to aggrandize his ego and by way of the music force himself on other people. We find among the professional artists and also among the amateurs quite a number of pretenders who misuse art to project their egotistic personalities. To many unfortunate souls music has become in this way a curse instead of a blessing, intensifying the abnormal trends of such individual.

SELF-EXPRESSION VITAL

Not defending amateurism from a musical professional point of view, I defend it from a mental hygienic point of view. It helps many a forlorn and oppressed soul to reach some substitute happiness and satisfaction, which otherwise could not be obtained. Speaking for the emotions, it colors their lives and brings in elements of love, which everybody needs. It is up to the professional musicians, to seek out the talented amateurs and perfect them in a technical sense. But let the professionals not quench the spirit of a dabbling amateur. In their zealous aesthetic professionalism they may bring grief and shame and a void

and a weakening misery in the lives of those who just need that little romanticism of singing or playing badly a good or bad tune to keep up courage and be of more service to their environment, which is to millions of these unenlightened souls nothing more than a drab drudgery. Music fulfills to them the same mission as it does to the hyper-developed art-for-art musician. It balances the personality.

The practical music program for a psychotherapeutic purpose ought, therefore, to include as far as mental hospitals and kindred institutions are concerned,

(1) activities for every type of patient, thereby doing the greatest good to the greatest number, consisting of the singing, playing and dancing from the most simple and ordinary tunes and steps on to the more skill requiring selections of a better type. Skill and perfection are not asked—only this: participation, activity, self-expression, howsoever crude it may be.

(2) activities for special types of patients, tending to aesthetic expression through an interpretive type of music and better type of music-making.

(3) music as a stimulating accompaniment in physical exercises, social parties, etc.

(4) last, but not least, regular classes and concerts, making the more apt patients acquainted with and skilled in the best standards of musical beauty to them attainable. Concerts by artists, instruction by understanding artists, always striving to reach the apex, even when the results fall far below. Concerts by patients and concerts by artists, the first for their primarily therapeutic value (also to the patient listeners appreciating immensely even the crudest effort of their performing fellow-patients and seemingly drawing much inspiration to get busy themselves from this); the second type of concerts, namely, those by artists, for their aesthetic as well as therapeutic values. All with one aim—to supply new energy and idealism and courage to those who need it most for shouldering the burden of life again or for finding new hope in the peace of resignation.

Do we not seek refuge and self-fulfillment in our art, independent of our ideal technical level? Do we not find new youth, fervor, hope and confidence, so that we say, instead of, "I want now! My will be done!"—"Thy will be done!" and its ready application in the loving service of our fellow-men?

"If music be the food of love, play on, give me excess of it," Shakespeare sang around 1600 and all generations passed by since and those yet to come were and will be ready to tune in with him.

One last word of advice. Music alone cannot rebuild a broken down mind. Mind and life are too complicated for that. We musicians have to realize that. Music can generate all kinds of forces, but they must be directly harnessed by a general system of treatment which aims by all kind of methods at the patient's total recovery and includes all the therapies mentioned. Contemplation of musical joys alone could easily turn into a sedative, a dope and even intensify abnormal automatisms and introvert phantasies.

THE MUSICIAN'S CONTRIBUTION

And now I shall call upon my fellow-musicians and ask them to set aside a time in their busy lives in which they are going to serve as high priests of divine energy (and there was a time when music was made only by high priests). By doing so, they will help to supply new energy, more health and happiness to those now beset with evils, needing all possible strength not to succumb.

This they can achieve, first of all, by educating themselves generally outside of their technical erudition to a level which will enable their total personality to re-echo the harmonious and inspiring character of their art, so that they will be musical through and through—Pythagorians in the musical sense of the term.

Next, they can serve by educating as many children as they can reach in the spirit and technic of the most sublime types of music, for art's sake certainly, but also to help the oncoming generation to mould its emotional energy along cultural and aesthetic lines in balance and co-ordinary with a high intellect and parallel morality. By doing this, some of life's and society's woes will be prevented and the world be relieved from much more suffering—for disease and crime both are often the offspring of a distorted and warped emotional life.

I ask them, finally, to offer their services as often as they feel inspired to those who care for the mentally and morally afflicted—the medical and correctional authorities. I ask them to co-operate under the guidance of such authorities in relieving the woes and inspiring the souls of those unfortunates entrusted to institutional care who need psychotherapeutic assistance.

I ask my fellow-musicians and all those inter-

ested in music to remember one fact; that the greatest musical masters offer the richest food in every way. The task will be to educate our friends in need to the highest possible level of aesthetic impressionability and power of expression. Then they will have consecrated their art to the highest possible form of human service, for they will be aiding the homes and the institutions in helping to alleviate the misery of life and to supplant it by happiness.

They will help to implant in the suffering lives a new love and tenderness and that new hope, health and happiness which emanates from the compositions of the great musical masters and which moved the spirit of our American poet, Henry Van Dyke, when he sang:

"Music, I yield to thee
As swimmer to the sea,
I give my spirit to the flood of song
Bear me upon thy breast
In rapture and at rest
Bathe me in pure delight and make me strong;
From strife and struggle bring release
And draw the waves of passion
Into tides of peace!"

A Rural Play Contest

The New York State College of Agriculture of Cornell University, through the department of rural social organization, is offering four prizes for original plays dealing sympathetically with phases of country life. Suitability for production by amateur groups should be considered, since simplicity and ease of staging are important. Plays with action and plot are desired.

The competition is open to any resident of the United States or Canada who has not had a play professionally produced or published in book form. The prizes which have been offered will be awarded as follows:

First Prize	\$100
Second Prize	50
Third Prize	30
Fourth Prize	20

This money has been made possible by joint contributions of the New York State Grange, New York Federation of County Farm Bureau Associations, New York State Home Bureau Federation and the G. L. F. Exchange.

Further information about the competition may be secured from the Department of Rural Social Organization, New York State College of Agriculture, Ithaca, New York.

A Faculty Folk Dance Club

By

FANNIE FREER

University of Illinois

A wholly recreational and rather unique organization is the Faculty Folk Dance Club at the University of Illinois. This club was organized in 1916 by the Department of Physical Education for Women. It had an auspicious beginning, as the late Cecil Sharp was present at the first meeting and taught several English country dances. The Club has flourished with an average attendance of 40 and frequently there have been as many as 70 on the floor.

The meetings are held on alternate Thursday evenings during the school year from 8 o'clock to 10 o'clock in the Women's Gymnasium. Dues, which are 50 cents a semester, are used to pay the pianist. Folk dances are taught by different members of the physical education staff. Baseball games and shooting basketball goals provide additional recreation for the more strenuous in between the dances. The last 15 or 20 minutes of the evening are devoted to social dancing, which consists chiefly of the old fashioned waltz and the less modern dances.

The last meeting of the Club in May is in the nature of an outdoor picnic with a baseball game before supper and afterwards singing and games around a big bonfire.

One of the most delightful features of the club is the bringing together in an informal way faculty members from the various colleges and departments.

Here and There at the Recreation Congress

At the luncheon on Athletic Badge Tests held at the Recreation Congress at Atlantic City, October 20, 1924, a few important questions which had been raised during the past year were discussed. These problems were as follows:

1. The adaptation of Badge Tests to younger children
2. The establishment of a set of physical standards for adults
3. The problem of recognizing the proficiency of handicapped children

4. Administration

After a discussion of the question, the following action was taken:

1. The meeting voted not to make an adaptation of the tests for younger children.
2. It voted to recommend to the committees that they consider favorably the establishment of a set of physical standards for adults, both men and women.
3. The meeting voted to recommend to the committee that some award be adopted for handicapped children.
4. The meeting voted not to lower the standards required for the awarding of badges.

Miss Ethel A. Grosscup of the New Jersey State Department of Health reported that while she was in charge of physical training at the Montclair, New Jersey, Normal School, she was successful in having established as a requirement for a certificate to teach physical training the successful passing of the tests which are used in the State so that all physical training teachers will be thoroughly familiar with the tests and have badges to show when they are actually carrying on the job and trying to stimulate the children's interest in the tests.

In the class on Community Drama held on October 21, at the close of the Recreation Congress, the Chairman, Mr. George Junkin, emphasized the following points which are important in any consideration of community drama:

Need for the development of leaders through institutes

Need for sincerity in the work and for an understanding of aesthetic possibilities

The great volume of work involved and the details which must be worked out

Competition with commercial companies who create no permanent artistic or cultural values

Need for studying lighting, costuming and stage settings as well as acting

In the discussion of religious drama Miss Joy Higgins of Boston Community Service pointed out the growing interest of the churches in religious drama, the recognition of drama as the place where art and religion meet, the need for reverence on the part of the players and the value of studying statuary for costuming and draping effects. For studying group effects, Miss Higgins stated the Tissot pictures have great value.

This discussion was followed by a demonstration of draping.

Miss Era Betzner discussed the question of

pantomime, of practical dramatic work, especially in relation to groups of girls, and of the social aspects of dramatics.

W. E. Longfellow of the American Red Cross called attention to the possibilities of aquatic pageantry which have been rather generally overlooked.

Miss Ada Crogman, Dramatic Organizer, Bureau of Colored Work, Playground and Recreation Association of America, discussed *Negro Drama and Pageantry* and its social, recreation and cultural value to colored people.

In closing, Joseph Lee, President of the Playground and Recreation Association of America, spoke on the spiritual values of drama in relation to the recreation program.

In another section of the class, Mabel F. Hobbs demonstrated lighting effects to be obtained by simple means where expense must be slight and facilities are few. This was followed by a demonstration of ways of securing responses from amateur players. The class acted out parts of a one-act play under Mrs. Hobbs' direction. So successful and unusual were Mrs. Hobbs' methods that at one point the player-class broke into applause.

GAME DEMONSTRATIONS AT THE RECREATION CONGRESS

At the game periods held on October 18 and 20, 1924, games both old and new, were demonstrated. Of particular interest were the games used by Mr. Clark in teaching safety first to Detroit school children and Mr. Martin's group used at recreation evenings for young people and adults.

Professor G. S. Adams of Oxford, England, at a recent lecture in Boston said, "Unless this leisure, when gained, is properly employed the outlook for the future is not the brightest. It is the proper use of leisure that is going to make us good citizens." If on the other hand, leisure is looked upon as an objective the achievement of which in some mysterious way will make man happy, he who gains his goal is likely to find himself disappointed. Far more than many realize leisure unless properly associated with interested activity becomes synonymous with apathy and lethargy, and leads not to progress but in the direction of retrogression.

Recreation for the Feeble-Minded

(Continued from page 204)

SPECIAL FESTIVALS

Special festival occasions are all celebrated. January has Ladder Sunday when we have lists of the children read aloud, calling attention of those who have advanced upward on the ladder of life. February is Birthday Month, and not only Washington and Lincoln but also Dickens, Lowell and Edison are remembered. Easter is observed by special services.

July Fourth is not a day of fireworks, but of putting up decorations, for it is more fun to put them up than to see them up. There is a big game or sports or a movie, and then the big parade. And one of the real joys is getting up the parade. As everyone wants to be in it, of course, it is necessary to march outside the grounds on broad Dandis Avenue, where we can counter-march and so everybody can see everybody else. Then, too, the Fourth of July is Parents' Day and it seems as though every father and mother with the "sisters and cousins and aunts" come with autos full of friends.

Harvest Sunday and Thanksgiving furnish many days of fun in the preparation of the gorgeously decorated stage, and songs, instrumental and vocal selections and recitations by the children.

And then comes Christmas!

Letters to Santa are written by or for each child. As many as possible go out to get the greens or help to make wreaths, rope and other decorations. Santa comes himself on Christmas Eve to the most riotous reception ever held, and on Christmas morning the hundreds of packages that have been coming by mail and express for weeks ahead are given out from the trees, for there is one in every cottage.

Thrice each year, on Annual Day in June, for the summer students in August and during Christmas week, are given special entertainments in which more than one hundred children take part. The children see them first and then they are repeated for the public. These are adaptations or rewritings of *Aladdin*, *Pied Piper*, *The Other Wise Man* and similar favorites.

Perhaps the most interesting of all of our

recreations is what we call Morning Assembly. From this singing, games, stunts and the like extend throughout the cottages. At 8:45 the tower bell rings, and all of the children troop to the Assembly Hall. They are here for just twenty minutes, but every minute is filled. There never has been a prepared program for this unless some child has written one out. As soon as all are seated the leader says, "Now what do you want to do?" Hands go up all about the room and whosoever is called is expected to respond.

Tim may say he wants to sing. Tim sings. Mary has a recitation, so she gives it. There is no diffidence here in an audience of one's peers. Employee or child may be called upon; all respond. Stunts are performed, races called that take groups tearing out of the hall and around the square. Schneider's band gathers up a couple of drums and horns and plays merrily. A story is called for or a Punch and Judy show. Perhaps the leader chases some child whose birthday it is, with a big stick that somehow is found upon the piano.

In all of our recreations we try to have as many as possible of the children take an active part, but at birthday parties and morning assembly there is no limit. Little and big, the brightest and the dullest may here get upon the stage and show off whatever little talent they think they have. Here there is no one to sneer but many to applaud. Morning exercises and chapel may have their places in school and institutions, but I know of nothing so stimulating to good feeling, so full of joy or so sure to change any trouble or sorrow in the home into a happy spirit upon entering the classes five minutes later. By 9:15 all are in school, on the farm, in the shops or wherever the day's schedule requires.

Out at the colony the boys have a wonderful "swimmin' hole" such as delighted us in our boyhood days, and further up the stream at camp is another natural spot where the campers swim; but on the long summer days these were too far away, so a couple of years ago we built a real swimming pool at the institution and all summer long, morning, afternoon and evening, it is in use. The physical training teachers, one for boys and one for girls, have general charge, and it has surprised us all to see how easily children of rather poor mentality learn to swim. Water exhibitions are frequently given to most enthusiastic audiences who clamor to "show them" how well they, the audience, could do it.

PROVIDING AN URGE TO INDUSTRY

The drift from recreation to occupation is almost imperceptible for we try to make all occupation a privilege. Making brooms or brushes is fun if it is a contest. The domestic science classes give parties, the wood workers make toys, the rug weavers take their products all about the place to show everyone what they can do. The free play rooms are a part of the kindergarten and the games are a part of the preparation for parties.

The school donkey is a fine object upon which to learn to hitch up and drive, and out at the colony the boys will cut and pile brush all day in order to have the fun of burning it up.

Because it was special privilege John got up with the other milking boys at 4.30 every morning for several years and helped to milk forty cows. Now he is practically in charge of the herd at the colony and is making it a great privilege to the other boys who help him. It is something like white-washing Tom Sawyer's fence. William has been given the privilege of caring for the ducks and last year he and his boys furnished us with one ton of duck meat. Joe and Walter with a group of rather low grade boys are raising a couple of hundred hogs a year. And Willie, who was called a pyromaniac by the judge who sent him to us, is one of the best fireman we ever had. Yes, of course, they have to have supervision but it is so carefully done that they think they are working independently and they speak of my horses, my hogs and my ducks.

Even Charlie who is janitor of Garrison Hall—and incidentally solo cornetist in the band—feels that the Hall is his. And when last year the Board of Trustees decided to hang Charlie's picture up in the big assembly room along with the pictures of those former trustees who had given of interest and time and money to the Training School at Vineland, we all felt that it was only a just tribute to one who has been these many years, faithful to a trust.

And last week while I was out at the colony at Menantico, Raymond, who came to us many years ago as a troublesome, impudent, disobedient little ragamuffin and who slowly but surely, through work that was made play, has come to be a help and comfort and guide to the other boys at the colony; Raymond whose flowers beautify cottages and grounds, yes even the horse stable and hog pens, said to me—"I'm trying to be good enough so that some day the Board will put my

picture up at Menantico like they put Charlie's up at Garrison Hall."

And I know that they will, for Raymond has learned the wonderful art of making all of the doings of his daily life real recreation.

What a Community Recreation Movement Means

"I know of no object more sad than a child who has never learned to play, unless perhaps it be a man who has forgotten how. Leisure hours which might be filled with healthful activity and gladness are more easily spent in the emptiness of sloth, dissipation and despondency. I have often argued with our prohibition friends that the one thing above all others that has made their proposition tenable is the development of the moving picture. We have eliminated the saloon and with it we have taken away from a vast body of the people their place of relaxation, their club. When we prohibit we must beware lest, if we do not provide a better substitute, those who are prohibited will seek a worse one.

"Accomplishment depends upon organization. Remove from our modern theories of evolution and of civilization the concept of purposive organization and what have we left? Yet I may say that nothing is more alien to the central idea of Community Service than that form of organization which seeks to control or dictate. Its activities are merely helpful. Whether it be a boys' band or a symphony orchestra, a skating pond or a swimming pool, Community Service merely lends a helping hand. It is only too willing to drop out as soon as it may. It does not dictate or regulate or legislate. Its doors are open to the hobbies of all. In fact, it seeks their hobbies, it brings together those who are congenial, it fosters their companionship, it runs their errands and provides them their needed facilities, and it is glad when it may retire saying only, 'If you need me again call me.' Community Service does not tell boys to play ball. It knows that if it can find the boy who has no ball and give him one, then the boy is perfectly competent to play ball himself and to gather his whole neighborhood around him. And at times we are all big boys who have lost their ball."

—From an Address by A. E. Rhodes, Elmira Community Service

Toddlers' Playrooms in Edinburgh

The story of the development of toddlers' playrooms in Edinburgh is told in the report of the proceedings of the Third English Speaking Conference on Infant Welfare held at Westminster.

Realizing the need for providing fresh air, sunshine and exercise for children of play school age, it was decided in 1914 to organize a demonstration playroom. A very large, empty hall was found which had formerly been the malting room of a brewery. A group of about thirty children was drawn in from the homes which contained babies but from which mothers did not go out to work. The room was equipped with low tables and chairs and supplied with toys which almost without exception induced running-barrows, balls, scooters, perambulators and horses on wheels.

In addition to playing with toys, there was much free play, a certain limited amount of organized drill and plenty of romping. Beneficial results were immediately noticeable. Muscles developed, circulation improved, lungs expanded and listlessness disappeared.

So great was the significance of the demonstration playroom that other rooms were opened, and at the present time there are eight toddlers' playrooms in Edinburgh, one located on the roof of a high building, one in the corner of a large public playground and others in halls and open areas belonging to mission churches. The use of all of them are given free.

At the beginning of the movement all the workers were voluntary, drawn from the band of visitors who knew the homes and conditions under which the children lived. Later it was found necessary to appoint in each playroom one paid superintendent so that there might be continuity of influence. The playrooms are open from ten to twelve during the school days of the session, and children are taken at 2½ years of age and kept until they are 5. Volunteer helpers give in rotation one, two or three days' work. The expenses for each room are met partly by grant from the Public Health Committee and partly by voluntary contributions. Each costs between sixty and seventy pounds.

"Happiness," says the report, "is an undefinable tonic, an undefinable quality for good, but it is certainly a definite asset in building up resisting forces. Spread happiness, and with spreading happiness health is spread."

El Dorado's Campaign for Recreation

On March 17, 1925, El Dorado, Arkansas, decided to raise a budget of \$6,612 to provide for its immediate needs.

The first week of the campaign was devoted to perfecting the organization, to the preparation of newspaper articles and letters, to the instruction of workers and similar details. Letters were sent with a special dodger by the Chairman of the Playground and Recreation Association to all names on the list of prospects and to the teachers of the public schools. The dodgers, which were also distributed throughout the city by the school children, aroused much interest.

The Chairman of the El Dorado Playground and Recreation Association, who was in charge, had as his assistant a colonel of teams who appointed four majors, each major naming four captains and each captain four workers. The workers reported to the captains, the captains to the majors and the majors to the colonel.

The canvas for subscriptions took place the following week. On Tuesday, March 24, the teams visited those whose names were on the list of prospective givers. On Wednesday the people were visited who could not be seen on Tuesday. Sixteen teams of women, two to a team, canvassed the city, which had been divided into sixteen districts.

The full budget of \$6,612 was raised in the first two days of the campaign. This was a remarkable achievement in view of the fact that the recreation campaign had been preceded by three others.

An interesting feature was a school essay contest on the subject *Why El Dorado Needs More Playgrounds*. One thousand seven hundred essays were submitted.

The first action of the Parks Promotion Committee of the Association was the securing of a nine-acre plot in the center of the city only two blocks from the High School. This committee will bend its energies to the securing of land for parks for the city.

A recreation superintendent will soon be appointed to take charge of the work.

Playground Surfacing*

The special committee on surfacing of playgrounds appointed in June last to make a study of the problem has recently presented its report to the Chicago Board of Education. The committee presents the following suggestions for consideration and adoption by the Board:

1. The Committee condemns the use of cinders for surfacing either on playgrounds or school grounds used for play purposes.

2. Future playgrounds should be crowned to drain to the side, rather than the present method of draining to the center.

3. In the case of playgrounds now constructed, in which cinders combine or compose the major portion, the cinders should either be removed or regraded to permit not less than a 4" coating of yellow clay, to be properly rolled and surfaced with torpedo sand. The use of yellow clay with a sticky texture is preferred.

4. In the case of new playgrounds to be constructed, they should be excavated, if necessary, 14"; and filled with at least 6" of cinders, properly rolled; 6" of yellow clay, properly rolled; surfaced with torpedo sand; drained to the side; the subgrade upon which the cinders rest should be parallel to the finished grade.

5. All grounds should be treated at least twice a year with a solution of calcium chloride, approximately one-quarter of a gallon to the square yard (liquid form). The Chicago Park System uses the crystal form on the bridge paths.

6. A permanent maintenance crew should be established, consisting of men who go about to the various playgrounds, roll them when necessary, put in additional shovels of sand, touch up the holes. They should be men experienced in that work, and in charge of them should be a man with landscape knowledge, ability to work out details, and one who takes a personal interest in the work. He should also be able to take care of the running tracks, and according to the board's payroll might be entitled to \$3,600 a year. The parks have a crew of seven men employed the year around for the maintenance of sixteen grounds. They do nothing else than the repair work, and could not possibly touch the matter of surfacing.

*From the *School Board Journal*, October, 1924

A Colonel in the United States Army, talking with a visitor a few days ago, said, "The greatest thing the Citizens Military Training Camp does is to teach the boys to play."

"Grass"

"Grass," a recent Paramount release, is a remarkable motion picture. It is an epic of the migration of a Persian tribe in search of grass to feed their flocks. Not a studio product, nor even a story filmed "on location," it is reality, a bit of history caught in the making.

Merian C. Cooper, Ernest Schoedseck and Mrs. Marguerite Harrison, who filmed "Grass," went to Persia in search of the forgotten people, tribes who are living in the manner of the ancient dwellers, dependent for food and clothing on their herds. The march of civilization has been westward. To find the forgotten people, these three journeyed east from Constantinople. After considerable hardship, they came upon the tribe and made a daily record of its wanderings from parched fields to a valley of plenty.

"Grass" has no story in the usual sense of a motion picture story. But, depicting the oldest conflict in the world, man's struggle for existence, it grips the interest. Thousands of people, driving thousands of goats, horses and cattle, are led by their chief through a rugged wilderness. The women carry their babies on their backs in heavy wooden cradles. Coming to the broad torrent of a river, the tribe crosses on rude rafts and on inflated goat skins. Scores of animals go down in the rapids.

The greatest obstacle is a steep, ice-covered mountain. The camera has caught some striking views of the army of exhausted people, as they toil upward through the snow, barefooted and urging on their reluctant beasts.

"Grass" is well worth seeing if only for its revelation of how far the human race has progressed. Here is a modern struggle against environment which is as primitive as the Biblical journey of the children of Israel.

Recreation in a State Hospital

(Continued from page 212)

tive well-kept lawn. In suitable weather we take all patients who can be trusted for picnics. Some outdoor games are substituted, but the general principles are the same. The hospital provides tea and cookies—home-made—for all parties and picnics. Some kind friends in Plainfield and

Westfield have sent us gifts of coffee, cake and taffy. These have been very much appreciated, as have the cheap chains, fans and similar articles awarded as prizes.

Field Day

The hospital holds an annual Field Day in September. All the activities of the institution are on exhibition, and an athletic program is presented. The Department of Physical Education for Women was represented by the advanced intermediate and folk dancing classes, in marches, drills, folk dances, races and games, held on the baseball diamond, before an audience of several thousand persons in boxes, grand stand and motor cars. The patients kept their heads wonderfully, and no mistakes were made. The audience expressed itself very appreciatively. Many persons, among them members of the Board of Managers, expressed surprise that patients could focus attention for so long a time, and cooperate with others as well as they did. They were exceedingly pleased and satisfied with themselves, and the little praise from members of the staff and the public gave them much happiness. The exhibition tendency is pretty strong in most of them, and if they are afforded opportunity to gratify it in conventional ways there seems to be less desire to manifest it in objectionable words and deeds.

Results

Twenty months is a short time in which to judge permanent results. There is a little statistical data which may be of interest. I conducted the department single-handed for six months. After Field Day, September, 1923, I was granted two assistants, both graduates of good schools of physical education, a third was added in January, 1924, another in March and a fifth in September. In less than twelve months five instructors had been engaged. The work, of course, has increased in proportion. In February, 1923, the average participating daily was 64. In July, 1924, eighteen months later, the average was 956. Of course there is some duplication; the same patients often attend a class and sing or listen to stories on the ward, but even discounting that there are easily ten times as many interested. Seventeen times this year the daily attendance record has surpassed 1,000, and on September 20 it touched a peak of 1,541. The average monthly attendance for the

past six months is 21,347, a daily average of 854. In September, 1924, total attendance at sings was 3,105, and at storytelling 2,807. In May, our banner month in parties and picnics, 630 attended.

The above figures indicate that the department is being attended by the hospital population. The attitude toward it is not so easily measured. I think we have convinced the patients, even the lower grade ones, that we are their friends, and that if they will do their part we will do ours. Some patients with very tigerish records have never showed their claws to any of the teachers, and many who were very abusive when the work commenced are almost fulsome in praise. Many who would not allow anyone to go behind them, now will play *Good Morning* or similar games with perfect confidence in our good faith and that of the other members of the class. It is the consciousness of this progress towards the goal set which has enabled me to endure and ignore the many unpleasant aspects of the work. Our slogan may well be, "Happiness for Every Patient and Every Patient Happy."

A Successful Kite Tournament

The Bureau of Recreation of the Middletown, Ohio, Civic Association recently held its third annual kite flying tournament.

In preparing for the tournament entries were received at every school by one designated teacher, and blueprints and charts of kite construction were supplied by the Association for each school bulletin board. The judges, referees and timers were supplied by Middletown Post, No. 218, American Legion. Attractive ribbon badges were given as awards to first, second and third class winners.

There were 131 entries in fifteen events. Nineteen girls took part in the tournament. Boys who had passed their twelfth birthday on April 15 were classified as seniors; under twelve years at that date as juniors. Entries were in two-man teams, composed of a flyer and helper who assisted the flyer in getting the kite into the air.

All kites entered for the tournament were made by the boys and girls except in Class C. No restrictions were placed on the size of the kite or the material used in construction.

The Problem Column

What Do You Think?

I. The Executive—What proportion of an executive's time should be given to the following parts of his job if his force consists of (1) himself alone, (2) one other worker, (3) five other workers, (4) twenty-five other workers?

- (a) Direct recreation activity
- (b) Publicity
- (c) Contacts with public officials, school organizations, influential individuals, civic groups, people served, etc.
- (d) Speechmaking and interpretation
- (e) Training—staff and volunteers
- (f) Work with his own board
- (g) Financial work
- (h) Work with advisory committee if he has one

What principles should determine the distribution of his time?

II. Plan—What should be done in planning for a number of years ahead for securing new facilities and the setting aside of play spaces in the newer growing sections of the community?

What can be done in planning activity programs for a number of years ahead and directing publicity and other efforts to securing the public support necessary to assure the steady growth of the work in accordance with a carefully worked out plan?

What can be done in a community where the program is supported by subscriptions to secure a three-year budget?

III. Workers—What are the best sources for recruiting workers?

- (a) Year-round?
- (b) Summer or seasonal?

What training should be provided for workers:

- (a) Year-round?
- (b) Summer or seasonal?
- (c) Special (drama, music, handcraft, etc.)?
- (d) Volunteers?

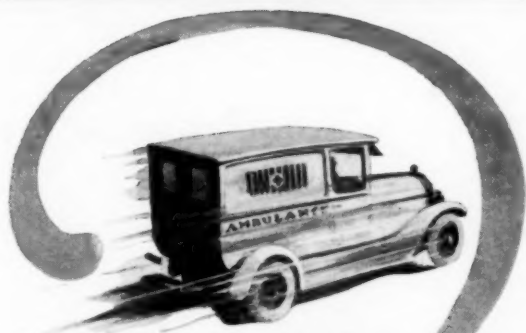
In what way can volunteers be most helpful in a community recreation program?

IV. Publicity—What is a workable plan of publicity in

- (a) Stimulating use of facilities?
- (b) For informing public and public officials of the work being done?

What is best way to secure fullest publicity value from

- (a) Newspapers?



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A partial view of the 16 regulation clay courts at the Harvester Works. These courts are crowded daily as shown in the illustration. Milwaukee now has over sixty horseshoe courts located in public parks and accessible places. Six are on the roofs of downtown buildings. Photograph was furnished by Wesley E. Gibson.

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- (d) Pageants, pet parades, tournaments and other activities?
- (e) Posters?
- (f) Insurance and public service bills and statements?

At the Conferences

Pioneers in the recreation movement in the southwestern district, including the states of Arkansas, Texas, Oklahoma and southern Kansas, met at Houston, Texas, April 17, 18 and 19, to discuss their present work and plan for future progress. It was the first meeting of its kind ever held in the district, and workers from eight different cities were the guests of the Houston Department of Recreation and Community Service Association.

A wide range of topics were discussed, covering the field of activities in Music, Sports and Athletics, Pageantry, Storytelling, Moving Pictures, Social Recreation, Golf, Water Sports and Community Center Activities. Some of the prin-

ciples involved in administering recreation were given major attention, such as *The Division of Hours of Activities for Adults and Children, Competition, Badges and Types of Awards, Beautification of Playground Areas, The Relative Relation of Quantity and Quality in Public Recreation* and the varied cultural and educational uses of different types of apparatus.

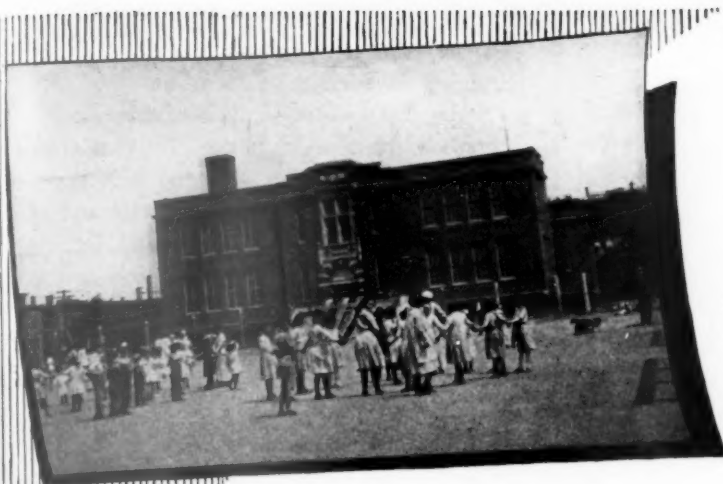
One of the most valuable uses of the conference was the observation tour of the Houston municipal recreation system, which enabled the delegates to see at first hand more than twenty activities.

As a result of the conference, some new cities have become interested in municipal recreation, and at least one has definitely signified its intention of establishing a department of recreation.

Educators of Physical Educators Meet

One of the important conferences of the year was that held in Washington on May 7th and

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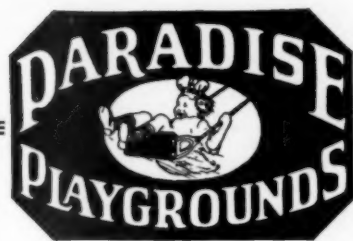
8th of the Institutions Giving Professional Training in Physical Education.

Some fifty colleges, universities and special schools were represented. The Conference was brought about by the Bureau of Education of the Department of the Interior and was addressed by the Commissioner of Education, Dr. John J. Tigert. Dr. Tigert called attention to the widespread interest in physical education and the phenomenal growth of the schools for the training of teachers of the subject, both in number and importance. Whereas forty years ago there were but two small schools struggling for existence, there are now over a hundred institutions giving such training, including over fifty of our leading universities and colleges. Forty years ago the graduates in one year could have been counted on the fingers, and this year they will exceed a thousand. A half dozen universities now give post-graduate work in this subject, leading to the degrees of Master of Arts and Doctor of Philosophy.

A resolution was passed asking the Council of the American Physical Education Association to make arrangements for a survey and classification of Training Schools for Teachers of Physical Education to be carried out by a Commission working in cooperation with the Bureau of Education.

Five State Directors of Physical Education were present at the Conference, and the American Child Health Association, the Playground and Recreation Association of America, and the Russell Sage Foundation were represented. Among the representatives of the schools were: Dr. Thomas D. Wood of Columbia, Prof. Mabel Cummings of Wellesley, Prof. C. W. Savage of Oberlin, Dr. Anna Norris of the University of Minnesota, Dr. John Sundwall of the University of Michigan, Dr. J. H. Kellogg of Battle Creek, Dr. R. Tait McKenzie of the University of Pennsylvania, Dr. J. H. McCurdy of the Y. M. C. A. College of Springfield, Massachusetts, Dr. E. H. Arnold of the New Haven Normal School of Gymnastics, Dr. J. E. Goldthwait of the Boston School of Physical Education, Dr. Watson L. Savage of the Savage School of Physical Training, and Dr. Clark W. Hetherington of the New York University.

"The most important emphasis at the convention of the American Physical Education Association at Rochester," writes a friend of the P. R. A. A. who attended the conference, "was the



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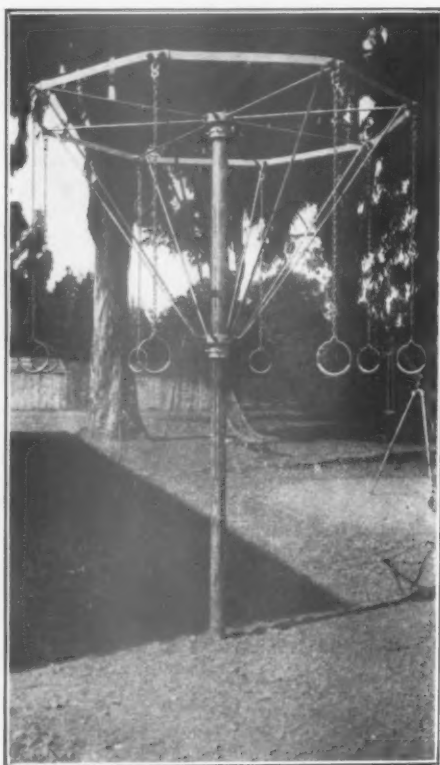
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broader educational aspect of the physical education program. The principle was brought out frequently during the conference that the objectives of physical education are the objectives of general education and are beginning to be so accepted. This was emphasized by Mr. Carl Schrader, President of the Association, and by Professor Anderson of Yale, both of whom urged a much broader cultural training for the physical educator than has been the case in the past.

"In line with this tendency was another major emphasis of the convention—that the teaching of health must be upon a broader basis than it has been in the past; that it cannot upon the one hand be based upon a belief that certain muscular movements will automatically produce physical and mental health nor, upon the other hand, that health is a negative matter to be secured by the elimination of defect and the discovery of every abnormality of condition. But it was emphasized that health is positive and dynamic and effects the totality of the individual and not simply certain parts of the organism."

The Problem Child and Recreation

(Continued from page 208)

early detection of such traits as a desire for isolation and inability to get along well with others is important. Seventy of the one hundred and seventy-five children interviewed at the Institute said they had belonged to some kind of supervised group play. One wonders what their present situation might be if their difficulties had been recognized and treated when they first made their appearance.

THE OPPORTUNITY OF THE PLAY CENTER

The recreation center has an unique opportunity in the field of Mental Hygiene. In the first place its setting is conducive to freedom and frankness; in the second, therapy might be made very effective through appealing to the play impulse. Considering the progress which the recreation movement has made it is not far fetched to believe that the recreation system of the future will have on its staff people who are trained in the detection and treatment of personality difficulties, and who

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will have an advisory relationship with the play directors. In the meantime, there is a great deal of material on the subject of mental hygiene which recreation directors might use to advantage in a better understanding of such problems. Many of the deficiencies in this respect are recognized by the leaders of the recreation movement, and many of them are inherent to its present stage of development. However, all of us are too prone to make claims for organized play which have very little foundation. Some of them are based upon an optimistic belief in what it should accomplish; others are often generalizations upon insufficient data. In order to make these claims of real value we need an unbiased attitude toward the question and a careful analysis of our successes and failures. A scientific approach will not only result in new undertakings but it will increase the value of what we have already begun by eliminating conjecture and placing our efforts upon a sound basis.

Book Reviews

THE ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION FOR GIRLS AND WOMEN By Agnes R. Wayman. Published by Lea & Febiger, Philadelphia

There are about 350 pages, with numerous charts and diagrams in this manual written purely from the woman's point of view. Miss Wayman, who is Professor of Physical Education and Head of Department at Barnard College, is one of the first to see the necessity of an independent, separate and modified method of exercises for women. The book is so broad in its scope that it will serve splendidly as a practical guide for such groups as the Girl Scouts, Camp Fire Girls, Y. W. C. A. and similar groups.

SOME PRACTICAL USES OF AUDITORIUMS IN THE RURAL SCHOOLS OF MONTGOMERY COUNTY, ALABAMA. Rural School Leaflet No. 34. By Lillian Allen, Instructor in English, and Cora Pearson, Supervisor of Elementary Schools. Obtainable from the Government Printing Office, Washington, D. C., at 5c a copy

This pamphlet gives a number of program suggestions for use in rural school auditoriums. They are made from practical experiences in the rural schools in Montgomery County, Alabama, and aim to form a general program coordinating school and community activities, making the most of the social and educational advantages of the school auditoriums.

DENNISON'S GALA BOOK. Published by Dennison Manufacturing Company. Price, 10c

The 1925 edition of the *Gala Book*, which has just appeared, is full of new and interesting suggestions for the celebration of St. Valentine's and St. Patrick's Days, patriotic holidays and Easter. The illustrations which are given and the suggestions for uses for crepe paper, together with information regarding the material required, make the planning of parties a delight. The *Gala Book* and the material mentioned may be secured from local dealers. If purchased direct from the Dennison Manufacturing Company at Framingham, Massachusetts, or from the stores and service bureaus in New York, Boston, Philadelphia and Chicago, there will be a charge made for postage.

THE LISTENING CHILD. By Lucy W. Thacher. Published by Macmillan Company. Price, \$1.75

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you can hear the sweetness or greatness sounding through a poem although you do not quite know what it is about."

BIBLE CROSS-WORD PUZZLE BOOK. By Paul J. Hoch.
Published by George H. Doran Company, New York
City. Price, \$2.00

As a method of fixing the interest of young people in the persons, places and teachings of the Bible, the fifty-two cross-word puzzles suggested in this book offer great

possibilities. Instead of Webster's dictionary, the solver must use the Bible or Bible dictionary or concordance, and in this way his biblical knowledge is increased. The first published volume will probably be followed by others adapted to the different grades and ages. They will be of service in Sunday schools and in the varied forms of religious education. A book of solutions accompanies the puzzle book—price 15c.

HISTORY OF NATIONAL MUSIC WEEK. By C. M. Tremaine. Published by National Bureau for the Advancement of Music, 45 West 45th Street, New York City. Price, \$2.00

The National Bureau for the Advancement of Music has issued a comprehensive book on the subject of National Music Week, giving the theory, the origin and growth of the Music Week idea, some international aspects of the movement, the work of the Committee, facts about local observances and governmental endorsements.

THE SONG SERIES "Made for the Children." By Alys E. Bentley. Published by Laidlaw Brothers, Inc., New York City. Price, \$1.20

The first of the Bentley Song Series is a teachers' handbook to be used in the first grade in teaching songs by note to the children. It forms the basis for the material given in the other books of the series. The first part of the primer is devoted to lessons on the songs and helpful suggestions are given for teaching twenty-two songs. This section is followed by forty-eight songs for which accompaniments are given. Fundamentals of music teaching in the primary grades compose the third section.

CHURCH MUSIC AND WORSHIP—A Program for Today. By Earl E. Harper. Published by Abingdon Press, New York City. Price, \$2.00

In the introduction to the book, H. Augustine Smith says of the present status of music: "We are becoming atrophied through the deadly blight of spectatoritis—looking on but not participating; being mildly entertained, not joyously creating."

And the remedy, as far as church music is concerned, Mr. Smith believes, lies in the rekindling of the church's inner fires, through the use, to be sure, of the old hymns, the old organ, the old leadership, the same time schedules but through the giving of new content and a new spirit. "Hymn singing should become glorified through new methods, new programs, new relationships, a flood of information and inspiration about texts and music, writers and translators, and new opportunities for congregational song rehearsals."

Mr. Harper in this exceedingly practical and suggestive book tells how he has used these new methods in his own church. His suggestions are presented under the headings: The Problem and the Need; Music and Religion—The Association; Music and Religion—Their Relationship: The Musical Leadership of the Church; Congregational Singing; Congregational Song Repertoires; Choirs—The Junior Choir, the Intermediate Choir, the Young People's Choral Society, the Senior Choir; Cooperative Choral Events.

THE PIANO EDITION OF TWICE 55 GAMES WITH MUSIC. Published by C. C. Birchard and Company, Boston. Price, 75c

The piano edition of *Twice 55 Games with Music* has just been published. Because the music and the accompanist are such important features in playing games with music, this edition will fill a real need. In addition to the music, the book contains general suggestions for social recreation programs and march figures.

DEVOTIONAL PLAYS AND FOLKWAYS. By Ethel Reed Jasspon and Beatrice Becker. Published by Century Company, New York City. Probable price, \$2.50

This book, which will be ready for distribution on June 15, has been prepared for assembly in camp and school. It answers a direct appeal of educators who value the beauty of ritual for young people. All the material included has been tried out and found adaptable to simple costume and stagecraft facilities. Stage charts

describe indoor and outdoor settings. Costume description and pen sketches add value to the book. The music background has been carefully developed; and in some cases, arrangements from traditional sources are supplied.

There are ceremonies and devotional plays, French and English ballads, Russian pantomime, four Japanese life scenes, a Hindu scene and other helpful material in Parts I and II. Part III contains a pantomime, *New Windows*, and a playlet, *Simple Simon*.

DRAMATIZING CHILD HEALTH. Published by the American Child Health Association, 370 Seventh Avenue, New York City. Price, \$2.00

"Health play today is a backward child; it has never progressed beyond the first grade. We have never lifted it out of the realm of propaganda into the realm of art. We have continued to use it as a vehicle for teaching health rather than as a means of glorifying the fullness of life." Here in a nut shell is the purpose of the American Child Health Association in issuing the book—to make available not only existing health plays and drama and to give information on technique of production but to influence the quality of future health plays and through them affect more deeply child life.

There are chapters on the development of the health play on successive stages of language expression, on dramatic activity in the classroom, on the writing of plays and the educational value of playwriting and play production. Groups of plays and dialogues and story dramatization are presented. The place of singing and dancing in the program is discussed, and suggestions for presenting health pageants are offered.

ANALYSIS OF THE CADDIE PROBLEM—A DETAILED PLAN FOR ORGANIZING CADDIE SERVICE. By Charles A. Gordon, Detroit, Michigan

With the rapidly growing popularity of golf, which is sweeping over the entire country, the caddie problem has come very much to the fore. How to maintain high standards of sportsmanship and develop real qualities of citizenship in the large numbers of boys employed in the service presents a challenge to golfers and caddie masters.

Mr. Gordon, who has served as caddie master at a number of clubs, offers the results of his experience under the following headings: *Qualifications of the Caddie Master, How to Secure Caddies and Keep Them Interested, Accounting Methods for Caddie Department, Standard Caddie Check, Uniforms for Caddies, Distribution of Work to Caddies, Player-Interest in the Caddie.*

At the end of the statement appears a list of the caddie equipment which may be secured through the Gordon Caddie Service Supplies, 1310 Maple Street, Detroit.

OFFICIAL REPORT OF THE THIRD BIENNIAL CONFERENCE OF BOY SCOUT EXECUTIVES. Published by the Boy Scouts of America, New York City. Price, \$1.50

For workers with boys there is a wealth of material in this report of the Conference of Boy Scout Executives held at Estes Park, Colorado, September 6-15, 1924. There are almost 600 pages of this volume which contains not only material on scouting methods and problems of definite interest to Boy Scout executives but suggestions for nature games, recreational activities and programs which will be helpful to all recreation workers in their contacts with boys.

HEALTH AND SUCCESS by Andress and Evans. Published by Ginn and Company, New York City

The fundamentals of health outlined in this textbook are so simple and clearly stated that they can be easily understood by children. Enough physiology is presented to give a general idea of the working of the body and to make clear the desirability of forming certain health habits. Exercises are suggested which offer the opportunity to correlate health teaching with subjects in the curriculum.

A CHILD OF THE FRONTIER. By Elma E. Levinger. D. Appleton & Company, 35 West 32nd Street, New York, price 50c.

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characters. A simple, inspiring one act play showing the faith, the hopes and desires which, against almost overwhelming odds, a frontier mother holds for her child at birth, thereby saving his life to fill one of the biggest places in American history. Especially recommended to women's clubs.

TENTH ANNUAL SELECTED PICTURES CATALOG. National Committee for Better Films, 70 Fifth Avenue, New York City. Price, \$.25

The catalog lists 551 pictures out of a total of 1,520 coming before the National Board of Review in advance of release in 1924, these films being new or current films in 1925. Information given includes the name of the company, number of reels, the featured players, a short description and literary or dramatic source. The catalog will be exceedingly useful to Better Films Committees, exhibitors and local groups planning to give motion picture programs.

Magazines and Pamphlets Recently Received

*Containing Articles of Interest to Recreation Workers
and officials*

MAGAZINES

- The American City. April, 1925
The Tourist Camp Site, Equipment and Maintenance
By P. J. Hoffmaster
How Marlboro, Mass., Developed a Model Playground in the Heart of the City at Low Cost
By Robert Washburn Beal
East Cleveland's Municipal Swimming Pool
By Edward C. Moore
San Francisco's Municipal Vacation Camp
A Community Exhibit that Works 365 Days a Year
By Frank H. Fraysur
Municipal Auditorium in San Bernardino, Cal.
Playground Model Available as Loan Exhibit from Children's Bureau
- The American City. May, 1925
County Park Development and Regional Planning
By Jay Downer
Rose Festival, Portland, Ore.
How to Plan Playgrounds
- The Nation's Health. April, 1925
Recreation Grounds Popular with Minute Employees
(Minute Tapioca Company)
- The Nation's Health. May, 1925
A City Where Life Is Worth Living
By C. E. Brewer
Choose Games for Your Mind's Sake
Women Athletes Define Standards of Fair Play
- The Survey, April 15, 1925
Playgrounds for Toddlers
On with the Dance
- Mind and Body. April, 1925
Scottish Mothers
Athletics and Conduct
By Henry S. Curtis
Does Physical Education Accomplish All We Claim?
Physical Education in Special Classes—Philadelphia Public Schools
Hop Scotch Golf
Entr' Acte Gavotte—A Field Day Dance for Elementary School Girls
A Field Day Drill for Elementary School Boys
- Parks and Recreation. March-April, 1925
Recreation Value of National Forests
By L. F. Kneipp
Golf as a Public Utility
By C. P. Keyser

Lawn Bowling
Location of Playgrounds Relative to Landscaping
By Horace W. Peaslee
Recreation in Public Parks
By Lt. Col. C. O. Sherrill
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Skiing in the Municipal Recreation Program
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Annual Report of the Recreation Department of the Board of Park Commissioners—Minneapolis, 1924
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Our Folks

Harvey, Illinois, has recently initiated a year round recreation program by taking advantage of the State Enabling Act. Gerald P. Scully has been employed as Superintendent of Recreation under the Recreation Commission.

Ruth Swezey, formerly Director of Community Service in Richmond, Indiana, has recently accepted the position of Superintendent of Recreation in York, Pennsylvania, succeeding Miss Frances Haire, now of East Orange.

Bellefontaine, Ohio, has recently started a year round recreation program with joint funds from the Board of Recreation and the City. Charles Burnham, formerly director of Community Service in Franklin, New Hampshire, has been employed as Bellefontaine's first director.

Alton, Illinois, has recently started a year round recreation program with funds voted by special tax. The Playground and Recreation Commission has employed John E. MacWherter as Director of Recreation.